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JUNE 2021

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No-Cook Appetizers
PAGE 48

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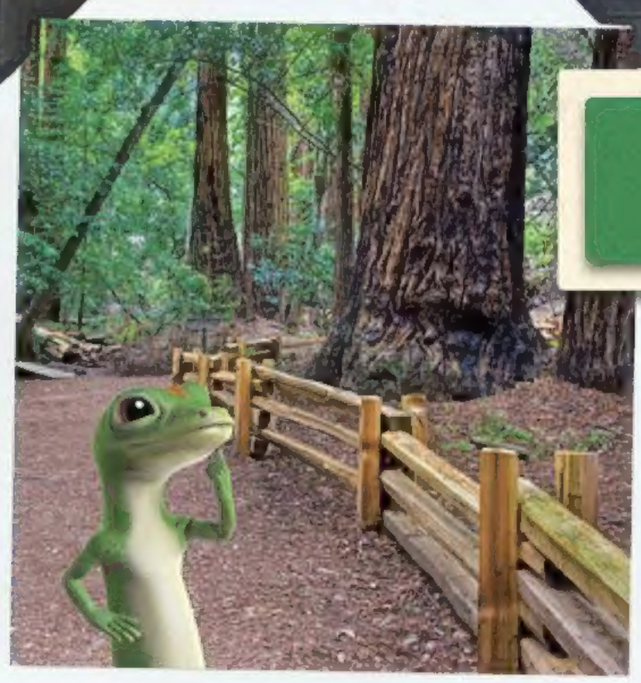
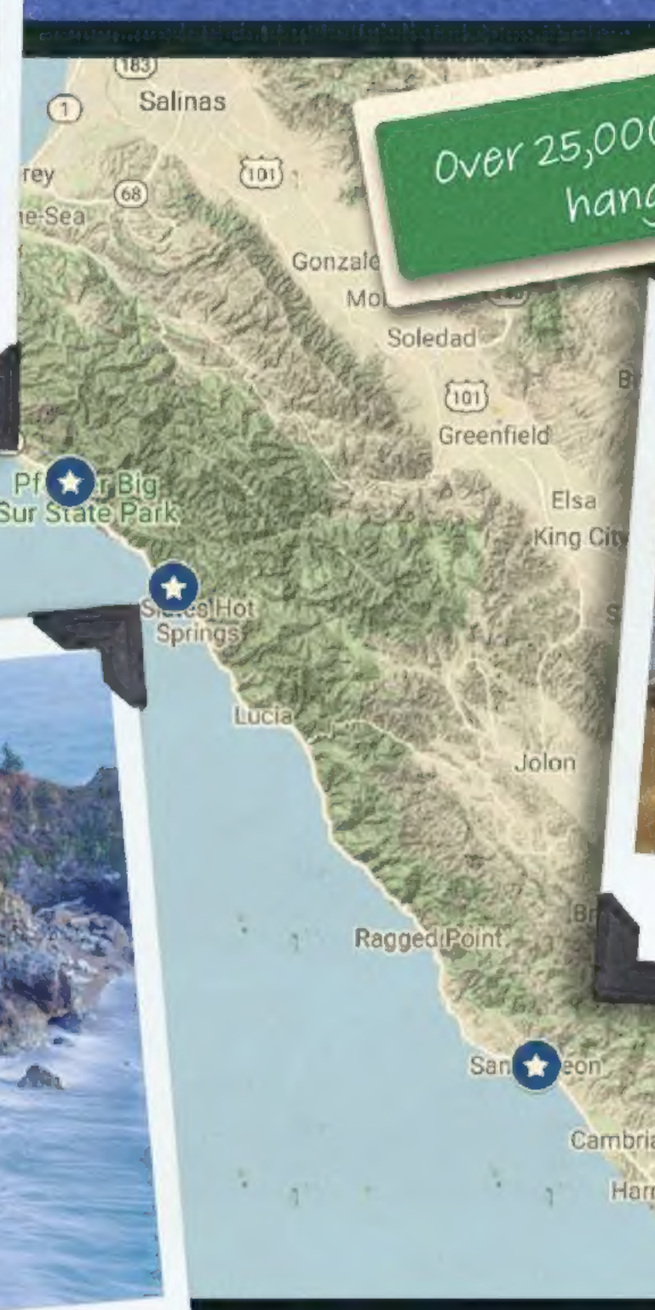
Cruising the Central California Coast

This is still one of my favorite trips ever! I rented a convertible and spent 10 days cruising down the Pacific Coast Highway — making friends, soaking up the sun, and enjoying the beautiful outdoors.



Big Sur

Whenever I need a new perspective, I think back to meeting this Redwood tree!



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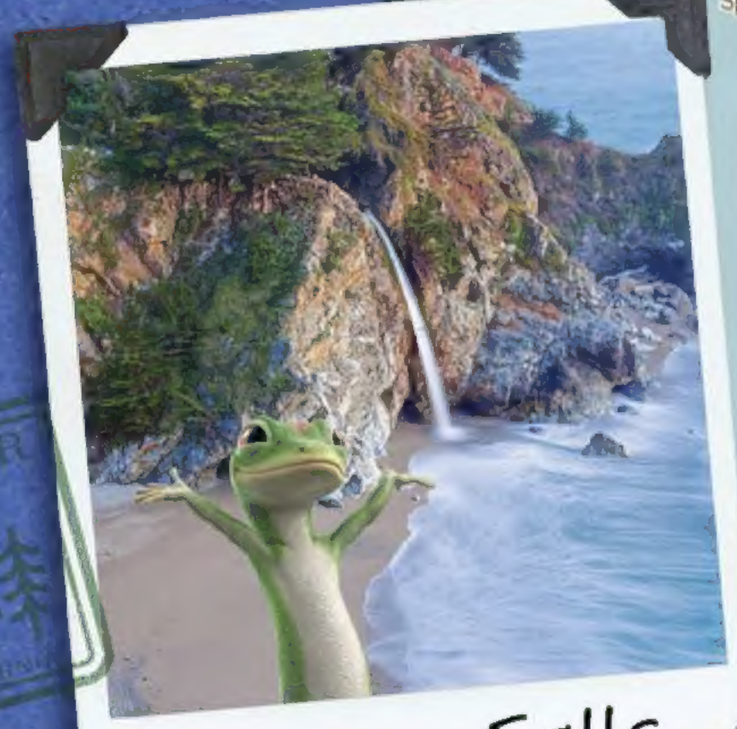

Mcway Falls

What a dreamy place to stop and stretch my legs!

Scan this code for a list of road trip essentials. I'm glad I had everything handy before I headed out.

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By Ben Goldfarb

COVER PHOTO: LEIGH BEISCH
STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)
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THIS PAGE: CHEYENNE ELLIS

Have baguette, will travel. Chef Scott Clark heads into the foothills of San Luis Obispo's Nine Sisters. Read more about his California road trip on page 52.

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Got heartburn? Then you've got lots of company—1 in 3 Americans regularly experience it. These lifestyle habits can snuff out the fire *(p.10)*. Plus, the science on whether nonstick pans are a health concern *(p.22)*.

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Check out our Test Kitchen guide to cooking any type of fish on the grill—see a BBQ theme here? And learn the secrets to making juicy, flavor-packed turkey burgers *(p.101)*. Because hockey pucks only belong in hockey.

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Vermont-based Red Wagon Plants *(shown)* uses the herbs they grow to make infused salts and vinegars. Learn how to DIY, page 14.

KATHERINE BENTLEY

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Lake Champlain is my summertime happy spot. I'm looking forward to cruising in my friend Bob Paul's boat *(in the background)* once we're all vaccinated!

Get Out There!

As we're finishing this issue of the magazine it's late March here in Vermont, the heart of mud season, that time of year when the snow has melted and the dogs' legs look like they've been dipped in chocolate every time they stand by the back door and beg to come in the house. I'm obsessing about how long it's going to be until the fields sprout green, and wearing flip-flops isn't absurd (at least from a temperature perspective, if not a fashion one). On my ideal summer day I'll watch the sunrise over the Green Mountains from my front yard while I sip strong coffee. In the evening I'll have a glass of wine while I cook a juicy steak on the grill. In between there will be lots of activities—boating, swimming, paddle boarding, biking, fishing, etc.—all of them outdoors.

With the stories and recipes in this issue we're celebrating the joy of getting outside—taking more walks, picking berries (turn to page 70 for plenty of ways to use them), having a dinner around the picnic table or simply soaking up the good feelings we get from spending time al fresco. In case you need some coaxing, consider this research: a study published in January found that people who spent more time outdoors during the pandemic, as opposed to on the couch and in front of screens, had better emotional well-being. And a 2018 meta-analysis showed that having access to green space, either in a city or in more rural settings, was associated with lower rates of diabetes, heart disease and high blood pressure.

On page 79, Ivy Manning tells us about her women's hiking group. She's known for her contributions of over-the-top trail eats—smoked salmon-stuffed onigiri, Italian deli chopped salads and sweet potato samosas. Where have you been all my life, Ivy? I'm not a big hiker but her snacks might change my mind. On page 52, chef Scott Clark lets us tag along as he surfs, forages for seaweed, cooks oysters on the beach and on a whim buys a boat on his way down the California coast from his home base in Half Moon Bay. (Based on this story, I think he may relish his outdoor time as much as I do.)

Finally I want to make sure to draw your attention to the story on page 90 about community supported fisheries (CSFs). Writer Ben Goldfarb tells the story of how fishermen and entrepreneurs are selling seafood direct to consumers to help their bottom line, but just as importantly, to give people like you and me—even all of you in the middle of the big old US of A!—access to fresher, more delicious, sustainable seafood.

I've been buying seafood directly from Ethan Wood of Boston-based Wood Mountain Fish for the last year. When his business selling to restaurants was upended by the pandemic, he shifted to a sort of CSF model, offering the day's catch directly to consumers in Vermont. I've had mild hake and fluke, farmed mussels and a whole striper, tons of calamari and dozens of oysters. I've gotten friends in on it, too, distributing packages of line-caught halibut and dayboat scallops out the back door to my neighbors. Come to think of it, forget capping off the day with steak on the grill, I'll be sizzling up just-caught bluefish from Ethan instead.

Cheers—

Jessie

Jessie Price,
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WE ASKED YOU:

What's your favorite backyard BBQ recipe?

Pizza on the grill! With basil, tomatoes and arugula from the garden! *—meggo1009*

Grilled salmon with tons of farm-fresh veggies. *—jenhen63*

A mix of **onion, red pepper, mushroom and zucchini**—rough chop, toss with a little oil and seasoning, and cook in a grill basket. *—wednesdayiscakeday*

Beer-can chicken. Also cranberry walnut coleslaw to go with it. *—laurie.munn*

Grilled halloumi and veggie fajitas. *—suescooking*

Grilled sweet potatoes/yams (cut in quarters) then drizzled with lemon cilantro dressing. *—janicelevy8*

Double-glazed Vietnamese **grilled pork chops** with herb salad. *—the.taste.of.joy*

For a future issue, tell us: What one convenience food do you always buy?

Scan with your phone's camera to share your answer.

"My family loves these ribs—and they're so easy."
—Penelope Wall, *EatingWell* digital content director

WHAT'S TRENDING ON EatingWell.com

1 **Kid-Friendly Summer Suppers** From Tortilla Pepperoni Pizza and Slow-Cooker Baby Back Ribs *(shown)* to One-Pot Lemon-Broccoli Pasta with Parmesan, we have recipes even the pickiest eaters will love. *EatingWell.com/KidFriendlySummer*

2 **Diabetes Shopping List Upgrade** Our staff dietitians offer a wealth of advice on the best blood sugar-friendly foods to stock up on at the grocery store. *EatingWell.com/DiabetesShoppingList*

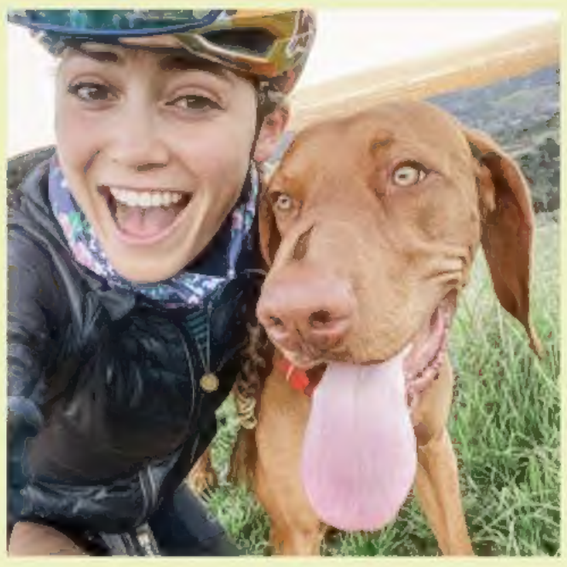
3 **Eat More Veg Challenge** Join the *EatingWell* team to see how many different vegetables you can enjoy in 30 days. And get our best veggie-forward recipes. *EatingWell.com/EatMoreVeg*

THE EATINGWELL GOOD-LIFE GURUS

These Instagram accounts inspire us to get outside—and make the most of glorious summer!

@hungryrunnergirl
Janae Baron blogs every day about her daily runs and what she's cooking at *hungryrunnergirl.com*, but it's her 'gram we love for year-round shots of her pounding the pavement. She's completed all sorts of races and, as a mom of four, reminds us that prioritizing exercise as a parent is important: "It keeps me sane, it is my 'me' time, it brings me strength, hope, and I sure love those post-run endorphins."

@womenwhohike
Follow this account where women share mini profiles of their hikes—and some amazing vistas—from all around the world. Like this one *(shown)*: "Meet Melba, Jess and Olga! ... the three of them make up *@allcolorsinnature*: 'Our mission is to use our platform to inspire people of color to explore, connect, and play within the great outdoors.'" It sure makes us ready to lace up our hiking boots!



@kateplusfate
Whether you ride trails, roads or pedal a Spin bike, professional mountain bike racer **Kate Courtney** is worth following just for those times when you need some get-up-and-go power. Expect action shots and videos, plus adorable snaps of her dog, Monte the Vizla (who has his own Instagram—*@ourfullmonte*). She also posts her favorite snacks for refueling. She *really* loves snacking.

CARSON DOWNING; INSTAGRAM: @HUNGRYRUNNERGIRL, @WOMENWHOHIKE, @KATEPLUSFATE

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good life

fresh ideas for every day

Now in Season

Carrots get all the kudos for protecting vision and staving off eye-related diseases. But a 2020 American Academy of Ophthalmology list of top eye-healthy foods included much more than Bugs Bunny's favorite snack. In fact, it named 36 different fruits, vegetables, beans and fish. Among the standouts: apricots. The fruit is a good source of carotenoids—a form of vitamin A found in orange, yellow and red produce—which act as antioxidants, safeguarding the eye from cellular damage and harm from blue light. A study published in *JAMA Ophthalmology* that tracked age-related macular degeneration (AMD, the leading cause of blindness in the developed world) in middle-aged people over the course of more than 20 years found that those who ate the most carotenoid-rich foods were 40% less likely to develop advanced AMD than those consuming the least. And apricots contain lutein and zeaxanthin—two carotenoids that research suggests are particularly important for eye health. *—Micaela Young, M.S.*

For delicious healthy apricot recipes, go to *eatingwell.com/apricots*

OLHA AFANASIEVA/

Feeling the 'burn?

One in three Americans regularly experience acid reflux. Try these food- and lifestyle-based strategies to tame the flame. By Leslie Goldman, M.P.H.

Hand sanitizer and toilet paper aren't the only products flying off shelves lately. Heartburn medications are also more in demand than ever, as reports of acid reflux—when stomach acid or food flows back up into the esophagus, causing symptoms like chest pain or that on-fire feeling in your throat—are on the rise nationwide. Experts like Carolyn Newberry, M.D., co-director of Weill Cornell Medical College's Innovative Center for Health and Nutrition in Gastroenterology in New York City, say factors contributing to this spike include changing eating patterns, weight gain and less physical activity.

Over-the-counter and prescription acid-suppressive medications can help. But wariness of long-term use and potential side effects (including nutrient deficiencies and loss of bone density) have more people seeking nonpharmacologic therapies, says Newberry. Here are four habits to add to your reflux-reducing repertoire.

1 Eat Dinner Early

Your body depends in part on gravity to help move food through your digestive tract, says Leila Kia, M.D., a gastroenterologist at Northwestern Medicine's Digestive Health Center in Chicago. Avoid eating within three hours of hitting the hay, since lying down can allow stomach acid to travel up into the esophagus more easily. Kia also recommends either elevating your upper body with an under-the-mattress wedge or using 6-inch risers to lift the head of your bed. Need to eat closer to bedtime? Keep your meal modest, says Kia, as large meals take longer to digest and increase pressure in the stomach that can drive acid upward.

2 Join Club Med

Researchers at New York Medical College reviewed two years of patient charts and found that those who were instructed to follow a plant-forward Mediterranean diet had the same reduction in acid reflux symptoms as those who were prescribed proton pump inhibitors like Prilosec. Lead study author Craig Zalvan, M.D., FACS, explains that, unlike animal proteins, plant-based protein is not easily broken down in the stomach—often being absorbed in the intestines—and thus reduces the amount of acid that's produced during digestion.

3 Know *Your* Triggers

Tomato sauce, red wine, caffeine, fizzy drinks, mint and spicy, fatty or fried foods have long been termed *refluxogenic* for their heartburn-inducing tendencies. But recent research suggests they may not be as universally problematic as once thought. Rather than swearing off pizza forever, Newberry suggests eliminating one of these common triggers at a time to see if your symptoms improve. Since giving up a food you love can be a bummer, try swapping in an alternative, like using flavorful herbs instead of red pepper flakes.

4 Keep It Moving

Engaging in 30 minutes or more of moderate-to-vigorous exercise each day may prevent reflux, even among those who manage symptoms with medication, suggests a 2021 cohort study published in *JAMA Internal Medicine*. Physical activity not only supports gut health, it may also help stomach acid clear more efficiently post-meal, says lead study author Raaj Mehta, M.D., a gastroenterologist at Massachusetts General Hospital. Breathing hard also strengthens the diaphragm muscles that surround and support the lower esophageal sphincter, the gateway between the esophagus and your stomach.

LEIGH BEISCH

Hatching a New Plan

Meet the company proving that this breakfast staple can be farmed responsibly on a large scale. By Lynne Curry

On an egg farm near Fort Wayne, Indiana, 20,000 hens live in avian luxury. The "girls" cavort on more than 10 acres of pasture, pecking into the foliage for insects and scratching their toes into the fertile soil. There are shrubs to roost in and shade trees for protection from predators. "It's like a park," says John Brunnquell, founder of Egg Innovations, one of the country's largest producers of free-range and pasture-raised eggs.

These diverse, utopian pastures aren't a norm in the commercial egg industry—even amongst those that prioritize animal welfare like the 54 other Midwest farms his company works with. But the investment they made on the Fort Wayne farm to convert to regenerative agriculture—replanting and restoring their hens' stomping grounds—has made them the first company in the U.S. to commercially produce eggs that are also better for the planet.

Forward-Thinking Farming

While egg production doesn't have as large a carbon footprint as, say, cattle ranching, the impact of agriculture and food systems in general looms large—accounting for an estimated quarter of global greenhouse gas emissions. And many experts argue that we can't tackle global warming by just curbing these emissions. We must also draw down carbon that's already in the atmosphere. One of the most promising ways of doing this is through regenerative agriculture, which involves practices such as restoring native plants, no-till farming and integrating animals—like those free-wheeling chickens—to provide nutrient-rich fertilizer for the soil. Healthy plants and soils are able to draw carbon from the atmosphere and trap it underground. In a 2020 white paper, researchers at the Rodale Institute concluded that adopting regenerative practices on all crop and pasture lands globally could sequester 100% of current annual carbon dioxide emissions from human activity.

This spring, five Egg Innovations farms (including the one in Fort Wayne) raised hens regeneratively on pastures enhanced with about 30 species of carbon-sequestering grasses and ground cover, shrubs and fast-growing fruit and nut trees. "The enriched pasture is going to give the chickens places to hide, but it's also going to become carbon negative," says Brunnquell. Over the next few years, the company plans to replant more of its farms and routinely test soil samples to see how these changes are working. Given that Brunnquell's whole operation includes more than a million laying hens, the benefits could be big.

A Trend to Invest In

Of course, Egg Innovations is only one company. But the Rodale Institute, a leader in organic farming, has witnessed a recent influx of other major food manufacturers like General Mills, Hormel Foods and Danone adopting regenerative agriculture policies.

Currently, Egg Innovations is on track to produce 2.5 million "regenerative eggs" in 2021, sold under the company's Blue Sky Family Farms brand at Whole Foods and other natural grocery stores. At a cost of up to $1 more per dozen than organic eggs, Brunnquell knows that he's taking a big risk in the competitive egg market. Still, a growing number of consumers care about the sustainability of their food. "It's step by step," says Rodale Institute spokesperson Margaret Wilson. "If we can help the climate through regenerative farming and help chickens have better lives, then we're getting that much closer to a healthier planet."

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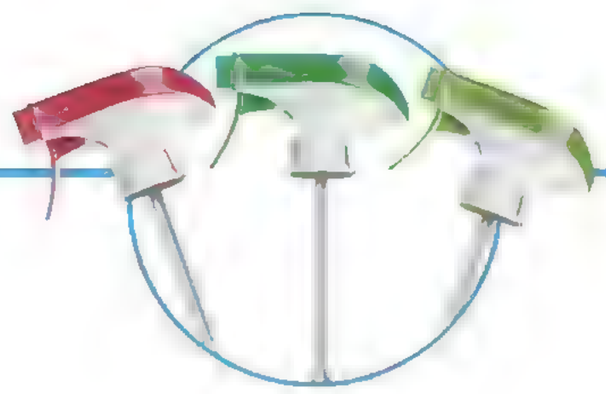
By replacing your current SC Johnson cleaning products with their new refills, you will get the same cleaning power you know and can trust, while using less plastic—just be sure to toss the empty bottles into the recycling bin!



New Refills Available Now.

*Plastic savings is 32% for Windex® Original refill, 26% for Scrubbing Bubbles® Foaming Bleach refill, and 25% for Fantastik® Bleach refill. Plastic savings percentage is based on comparing the plastic content of the refill product (without sprayer) to the plastic content of the 32oz ready-to-use version (with sprayer) of the same branded product. Reuse your SC Johnson sprayer with the SC Johnson refill bottle of the same branded product, e.g. Windex® Sprayer for Windex® Product. See back-of-pack label for details.

Ocean Bound Plastic, in partnership with Plastic Bank, is post-consumer recycled plastic collected within 30 miles of an ocean or a waterway leading to an ocean, in countries with high volumes of uncollected plastic waste, which has been discarded or would otherwise be discarded into the environment

SCJohnson

A LITTLE STEP CAN HAVE A BIG IMPACT

Reuse your sprayer to help reduce plastic waste

New refills. Available now.

*Ocean Bound Plastic, in partnership with Plastic Bank, is post-consumer recycled plastic collected within 30 miles of an ocean or a waterway leading to an ocean, in countries with high volumes of unco lected p astic waste, which has been discarded or would otherwise be discarded into the environment. © 2021 S.C. Johnson & Son, Inc. All rights reserved

Summer in a Jar

Take a cue from a Vermont nursery owner who's reducing food waste and preserving peak herb flavor well into winter. By Betsy Andrews

On a recent Friday, Julie Rubaud made chicken and dumplings seasoned with a tangy chive-flower salt and lots of fresh thyme. She then sprinkled a pink-hued vinegar infused with Thai basil blossoms on just-picked lettuces. This meal, which would be lunch for her crew at Red Wagon Plants, was seasoned with intent—using products made with the herbs she grows.

Delicious food and supporting the community and environment imbue everything Rubaud does at her organic nursery in Hinesburg, Vermont, where half of the nearly 1,500 plant varieties she cultivates are edible. To keep staff employed through the winter and minimize food waste, the team blends and sells herb-infused salts and vinegars that deliver a taste of summer all year round. She also schools customers on how to make their own with end-of-season surplus crops and parts of plants that might otherwise be discarded, like blossoms pinched from Thai basil, chive flowers, cilantro stems and the tips of rosemary branches that need to be snipped to encourage bushing. Here, she offers you a lesson in making your own flavor enhancers.

COMBOS TO TRY

Rosemary + sage + savory

Chives + parsley + chervil

Marjoram + basil + oregano

DIY Herb Salt

Start with a 2-to-1 ratio of fresh herbs to salt. Pulse the herbs with half of the salt in a food processor until the herbs are finely ground. Add the remaining salt; pulse just until well blended. Spread the mixture on parchment paper and allow to air-dry for 4 days. (It may be a bit lumpy, but after the herbs cure in the salt, it can be broken up by hand.) Store in an airtight container for up to a year. TIP: A fine sea salt works for most mixes, but a coarser sea salt is great for making rubs for meat and fish.

HERBS TO TRY

Tarragon

Purple basil

Chive flowers

Herb-Infused Vinegar

Bring a pot of white-wine vinegar to a simmer, then pour it into a sterilized jar that's three-quarters full of herb sprigs and stems, spices or edible flowers. Cover tightly and store in a cool, dark place, undisturbed, for 3 weeks. Strain the vinegar through cheesecloth; repeat until all the solids are removed and the vinegar is clear. Pour the strained vinegar back into sterilized jars. Decorate with a few well-rinsed sprigs of fresh herbs, if desired. Refrigerate the vinegar, tightly covered, for up to 1 year.

KATHERINE BENTLEY; ILLUSTRATIONS BY KATY DOCKRILL

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R&R Time!

Planning to bring your pooch on your summer getaway? Read on for expert travel tips to ensure you both have a fun journey. By Tina Caputo

Take a test drive. Just as some people are homebodies and others like to travel, dogs can have preferences too, says board-certified veterinary behaviorist Jeannine Berger, D.V.M., vice president of rescue and welfare at the San Francisco SPCA. If car trips aren't a norm for your pup, it may take them several hours or even days before they break through the initial fear and can settle down and enjoy the ride. Ease them in with at least a week of practice runs before your trip, suggests Berger. Some things that can help: soothing music, blocking the sight of oncoming traffic by draping a sheet over

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their carrier (or over headrests) to create a comforting tent or taking an alternate route, as dogs may react differently on city, freeway and country roads, adds Berger. If they're still shaking, panting and incessantly barking throughout a 30- to 60-minute trip, you may want to rethink bringing them along.

Check in with your vet. Discuss your plans, make sure you have an ample supply of your pet's meds for the trip and ask them what you can give your dog if they get carsick or anxious during the trip, says Berger. Ask for copies of vaccination records too—some campgrounds, state parks and hotels require them.

Pack smart. Along with waste bags, water, food, travel bowls, treats (road snacks!) and a spare leash, bring pet wipes, odor-eliminator spray and paper towels, as well, in case of accidents. Also pack your pet's bed or blanket, plus a favorite toy or two. Another must, says Berger: a pet first-aid kit outfitted with sterile gauze and bandages, scissors, tweezers, chlorhexidine solution to clean cuts, styptic powder for broken nails, and Benadryl, in case of a bee sting.

Practice restraint. OK, who doesn't enjoy seeing a dog with their head out the car window, savoring the feeling of the wind on their fur? But for everyone's safety, experts recommend securing Spot in a crash-tested pet carrier or safety harness (see the *CenterforPetSafety.org* for approved devices) that buckles into your vehicle's rear seatbelt system. One that Berger recommends: Kurgo's Enhanced Strength Tru-Fit Dog Car Harness ($45, *kurgo.com*).

Explore responsibly. Whether you're heading to the beach, mountains or a major city, do some research and find dog-friendly places in the area, such as hiking trails, parks and restaurant patios, recommends Amy Burkert, founder of the pet travel resource *GoPetFriendly.com* and author of *The Ultimate Pet Friendly Road Trip*. If you're staying for multiple days, make sure your lodging will accommodate your pet (some hotels won't accept dogs over a certain weight—even if they say they're "pet friendly"). And if you can't bring them on all of your excursions, Berger suggests looking into local doggy daycares where they can spend the day. They'll come back to you ready to snuggle up after a long day of play.

LISA GODFREY

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Table Talk with Drew Barrymore

If you've caught her morning show then you know: the woman loves to cook—and eat. (She counts this magazine among her favorites!) So it makes sense that the actress would launch a new line of kitchen appliances and cookware, including a toaster-slash-air fryer. Here, she talks leftovers and her mild obsession with boxed mac and cheese. By Lucy M. Clark

What is always in your fridge? Leftovers for sure! But even if it's almost empty, there's always sparking water—and those little Babybel round cheeses in the red wax wrapping.

What's a kitchen tool you can't live without? I love a good fish spatula. I use it for everything, not just fish. I like how malleable it is, and the size: you can flip a small piece of fish or an entire grilled cheese sandwich.

Speaking of kitchen tools, what's your favorite product from your Beautiful Kitchenware Walmart collection? I've become obsessed with our toaster oven. I use it every day. I actually have one at home and one at work. It's the perfect size: It's big enough to handle the bigger dishes but still heats up in seconds ... and it's also an air fryer.

What food says home to you? I've always been a mac and cheese girl. I love comfort foods, like the perfect bowl of pasta or a grilled cheese sandwich.

What's your if-I-only-had-one-meal-left meal? Kraft Mac & Cheese, hands down. The deluxe version.

You've been open about your struggles with weight through the years—and we love your honesty! How do you maintain a healthy weight today? I just think it's finding the balance. I love food, and I'm not really willing to give it up and starve myself. But, you can't eat everything and I definitely try to keep it healthy (which leaves room for some of the more indulgent things I like). Also for me, I have to exercise. I feel so much better when I'm in a good routine.

What do you typically eat in a day? I eat a lot of vegetarian and pescatarian food, and meat here and there. I have my "cheat meals," too, for sure: tacos and enchiladas and refried beans. The other day I had the best ravioli I've ever eaten in my life. I don't eat like that all the time, but having it be a celebratory meal feels special. My mom is a California vegetarian hippie so I'm very conditioned to eating vegetables because that's what I grew up on. (I wish my kids loved vegetables more!) But as I raised myself, I don't think I knew enough about nutrition. I was always working and on the go. So now as a mom, I care about what I put into my body.

What beauty ritual do you never skip, no matter how busy you are? Washing my face and moisturizing, normally twice a day.

It's our "Get Outside" issue, so tell us: What's your favorite outdoor activity to do with your 7- and 8-year-old girls? We love going to the park. All year round. An incredible fall day or in the snow, summer evenings with the fireflies all over—and just being around other people and families.

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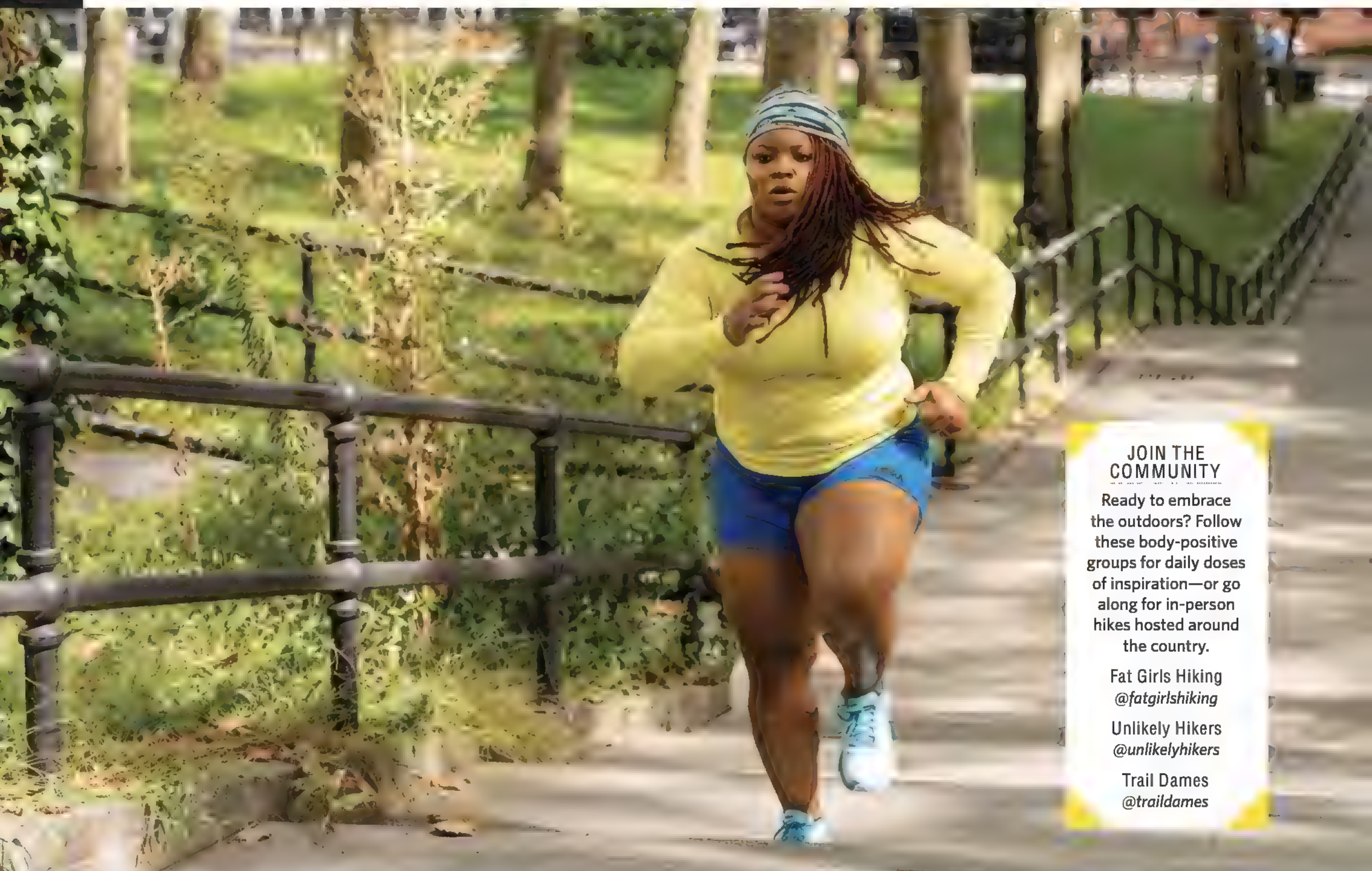

JOIN THE COMMUNITY

Ready to embrace the outdoors? Follow these body-positive groups for daily doses of inspiration—or go along for in-person hikes hosted around the country.

Fat Girls Hiking
@fatgirlshiking

Unlikely Hikers
@unlikelyhikers

Trail Dames
@traildames

Find Yourself Out Here

No matter your size or ability level, endurance athlete Latoya Snell encourages you to discover the joy and freedom of al fresco exercise. By Rozalynn S. Frazier

The outdoor adventure community is not a monolith. People of all sizes, hues and abilities enjoy nature and accomplish athletic feats with grace and grit daily—from hiking to rock climbing to mountain biking. Unfortunately, not everyone feels welcome in these pursuits, particularly those who self-identify as fat. From the looks of disbelief to the lack of properly sized gear, all signs seem to be saying: This is not the place for you.

But Latoya Shauntay Snell *(above)*, founder of the blog Running Fat Chef, has not let this deter her from taking up space—literally and figuratively—in the outdoors. She started running in 2013 and entered her first race the next year. Being a Brooklyn girl, she was fearful of tapping into nature. But after her friend, activist and endurance athlete Mirna Valerio, led her on her first hike in 2016, she was hooked. "I found myself invigorated," says Snell. "There is something that is natural, that overcomes me and makes me feel alive."

That's the feeling Snell wants everyone to experience, and she has led countless others on their maiden voyages ever since. She has also expanded her own outdoor adventures to include endurance trail running and obstacle races. "I want people to look at me and see that you can insert yourself here," says Snell. "Sure, I might be the only person that looks like me on the trail, but if I keep showing up, going outside and openly talking about these things, I won't be the only one for long."

Visualization can be a powerful first step. And she encourages women to "Tell yourself: 'I am powerful. I am allowed to be here. I am allowed to take up as much space as I desire.'" (Snell visualized the finish line of her very first 100-kilometer trail race in 2018. And yes, she finished!) Then try to let go of what people think. For Snell, that meant releasing the idea that she had to be a certain size to take on these adventures—and just getting out there and doing it. "The more I was listening to others' negative commentary, the more I was limiting myself," she says. "I wasn't acknowledging that I was doing all the work of an athlete, but I am just not built like them." As Snell took on more activities, she says, "People started shifting their narrative from, 'There is no way you can do that' to 'Holy crap, you did that—and now I want to too!'"

Above all, Snell insists that athletic pursuits don't always have to be about finishing that big trail race or making it to the summit of a mountain. They can just be about showing up to an outdoor space and moving—because it all counts.

W. ERIC SNELL, SR./E. SNELL DESIGN

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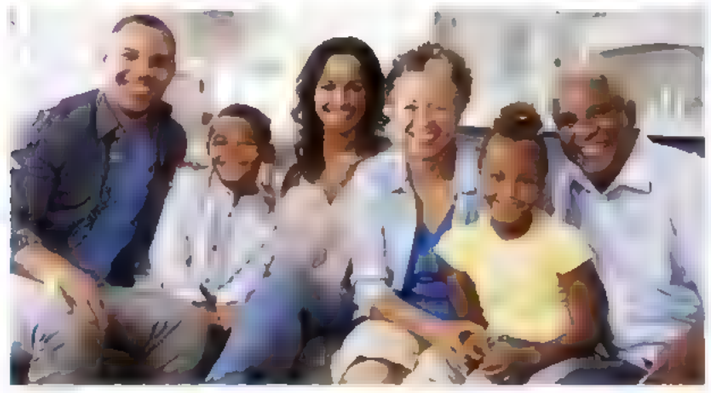

The Williams Family

Claire › Michael ›

Johnny › Nia ›

Nana › Papa ›

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MEAT

- [ ] Chicken

PRODUCE

- [ ] Lime
- [ ] 2 Green Bell Peppers

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Are Nonstick Pans Bad for You?

From skillets to bakeware, here's what the science shows about the risks of chemically treated cookware. **By Donavyn Coffey**

Nonstick pans may quell our apprehension about getting that fried egg out of the skillet and onto a plate. But for many, that same slick coating—commonly made from a group of synthetic chemicals called PFAS (perfluoroalkyl and polyfluoroalkyl substances)—does raise concerns about its potential impact on their health and the environment.

Flame-retardant and water-resistant, PFAS have become ubiquitous in manufacturing since they were introduced in 1946. There are now more than 600 unique types of these chemicals currently used in the U.S. to manufacture everything from water-resistant clothing and wood varnishes to cookware and convenience-food packaging.

PFAS are "forever chemicals" that can travel through air and water and build up in the environment or human body for years. In 2002, the U.S. Environmental Protection Agency started discouraging the use of one major PFAS—PFOS—and later expanded that to include another type, named PFOA, based on evidence suggesting they may be toxic to humans. And over the past two decades, research has linked exposure to PFOS and PFOA, specifically, with low birth weight, fertility issues, lower vaccine effectiveness and some cancers, among other health concerns like high cholesterol.

In response, companies developed next-generation PFAS that are purportedly safer than their predecessors. However, those who study them like Tamara Tal, Ph.D., a toxicology researcher at the Helmholtz Centre for Environmental Research–UFZ in Germany, say that they may still be harmful to human health.

The good news is that you're unlikely to get toxic levels of exposure through nonstick cookware, says Suzanne Fenton, Ph.D., a reproductive endocrinologist at the National Toxicology Program. That said, the vast majority of PFAS are not well studied, and there are limited regulations governing how these chemicals are incorporated into consumer goods. Case in point: a 2020 report from the environmental nonprofit the Ecology Center found PFAS in the coatings of 11 of 14 popular brands of pans they tested. And those with claims like "PFOA-free" weren't free of *all* types of PFAS.

NOT A SCRATCH

If you're using a nonstick skillet, choose utensils made of silicone and plastic to avoid damaging the pan's coating.

DAVID ARKY/TRUNK ARCHIVE

How to choose safer pans

While the majority of the research on PFAS and human health focuses on polluted drinking water from manufacturing, anything you can do to lower your exposure isn't a bad thing. To avoid these chemicals in your cookware and bakeware, stick to cast iron, ceramic, stainless steel and glass, says Tal, who uses these in her own kitchen.

That said, there may be times when you want to fry that egg in a nonstick pan—as Fenton does. The key, she says, is to opt for U.S.- or E.U.-made products (since regulations on PFAS vary widely around the world) and heed the manufacturer's care instructions. The most likely exposure to PFAS from nonstick pans, Fenton adds, is from residue on a new skillet or when the coating becomes scratched, worn or heated at a higher-than-recommended temperature. Wash the pan as soon as you bring it home and avoid cooking in it above medium-high heat.

If the pan gets scratched or becomes sticky, it's time for it to retire. Sure, it can feel like a waste to toss and replace cookware, but taking good care of your pans will ensure they last for as long as possible.

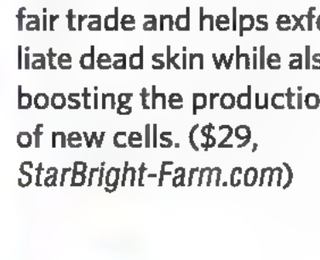
Did you know that a well-seasoned cast-iron skillet is virtually nonstick? Get our tips at *eatingwell.com/castiron*

HELEN NORMAN

The Beauty of Calm

Lavender has potent, science-proven stress-soothing bene ts. These products bring that *aah* to your beauty routine. **By Christina Vercelletto**

The floral, fresh-scrubbed scent is instantly recognizable to most of us. The word *lavender* comes from the Latin "lavare," or "to wash." Its first documented use was in 77 A.D. by the Romans, who used it to clean bug bites. The ancient Greeks, meanwhile, famously put lavender in their baths. The herb is the "poster scent of aromatherapy," says Jennifer Pressimone, a clinical aromatherapist and herbalist in Clermont, Florida. Studies have shown that lavender has calming effects and can hasten sleep. An Italian review and meta-analysis found that the scent of lavender significantly reduced feelings of anxiety, and a 2021 study published in the journal *Nutrients* showed that the herb interacts with neurotransmitters in the brain that control sleep—including insomnia—and induce a calming effect in the body. No wonder its distinctive, dreamy scent wafts out of so many beauty products. Here are some of our favorites. Deep inhales, everyone.



STAR BRIGHT FARM LAVENDER MINT SUGAR SCRUB

Straight from a Maryland regenerative herb farm, this skin soother is crafted without any chemicals or fragrance oil—just loads of dried lavender. The sugar is fair trade and helps exfoliate dead skin while also boosting the production of new cells. ($29, *StarBright-Farm.com*)

LOS POBLANOS LAVENDER LIP SALVE

Lavender farms are cropping up all over the U.S. One of the loveliest is little Los Poblanos, three meandering acres of organic Grosso lavender fields in Albuquerque, New Mexico. Parched puckers will soak up the goodness inside this cute retro tin. ($6, *Farmshop.LosPoblanos.com*)

HUMPHREYS CALM & CLARIFY ORGANIC TONER

Here, a long-loved beauty product—the company has been around since 1854—gets a fresh upgrade. Sustainably harvested witch hazel and lavender join forces to sweep away the summer shvitz. And the organic toner is dermatologist tested for sensitive skin. ($11, *Walmart.com* & Walmart stores)

JERGENS LAVENDER BODY BUTTER

The rich body butter deposits moisture better than a cream—especially good for summer-worn feet, hands and elbows—and has the added bonus of lavender essential oil for a whiff of relaxation. Keep it on your bedside table and slather it on before you nod off. ($6, *Walmart.com* & Walmart stores)

THYMES LAVENDER HONEY EAU DE PARFUM SPRAY PEN

Cedarwood, heliotrope, tonka bean and honey combine with lavender for a heavenly hit of tranquility—fresh, breezy and just a touch sweet. Plus, the pretty tube is sized for TSA compliance—or just your purse. ($25, *Thymes.com*)

L'OCCITANE EN PROVENCE LAVENDER FOAMING BATH

This bath gel is scented with PDO (protected designation of origin) lavender oil, which certifies that the herb comes only from the magnifique fields of Haute-Provence, France. A perfect way to soak away stress at the end of the day. ($39, *Loccitane.com*)

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DINNER TONIGHT

14 EASY HEALTHY RECIPES

Photography by Jason Donnelly

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Curried Cauliflower Pitas with Cilantro-Mint Sauce, next page

Scan with your phone's camera for more vegetarian cauliflower dinners.

Curried Cauliflower Pitas with Cilantro-Mint Sauce

ACTIVE: 40 min **TOTAL:** 40 min
EQUIPMENT: Grill basket, heavy-duty foil

We use the grill to get a nice char on the cauliflower before stuffing it into pitas, and for crisping up the sandwiches. If you don't have a grill basket, you can place the cauliflower directly on the grates—just be careful when flipping so you don't lose any to the cracks. (Photo: page 25.)

- ½ cup fresh cilantro leaves and tender stems
- ¼ cup fresh mint leaves
- 1 scallion, sliced, green and white parts separated
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons lime juice
- 2 tablespoons water
- ½ teaspoon salt, divided
- 4 cups cauliflower florets (about 1-inch)
- 1 tablespoon curry powder
- ¼ teaspoon ground turmeric
- 1 15-ounce can no-salt-added chickpeas, rinsed
- 2 tablespoons low-fat plain yogurt
- 2 6-inch whole-wheat pita breads, halved

1. Place a grill basket on the grill; preheat to medium-high.
2. Combine cilantro, mint, scallion greens, 2 tablespoons oil, lime juice, water and ¼ teaspoon salt in a mini food processor. Process until smooth. Set aside.
3. Combine cauliflower, curry powder, turmeric and the remaining 2 tablespoons oil and ¼ teaspoon salt in a large bowl. Transfer the mixture to the grill basket. Cook, stirring occasionally, until the cauliflower is tender, about 10 minutes.
4. Meanwhile, mash ¾ cup chickpeas and 2 tablespoons of the reserved cilantro sauce in a medium bowl until almost smooth. Stir yogurt into the remaining cilantro sauce.
5. Return the cauliflower to the large bowl and stir in the remaining ¾ cup chickpeas and scallion whites. Spread the mashed chickpeas inside each pita half. Using about ¾ cup for each, divide the cauliflower mixture among the pita halves. Wrap each stuffed pita in heavy-duty foil. Grill until heated through, 3 to 5 minutes. Serve with the yogurt sauce.

SERVES 4: 1 pita half & 1½ Tbsp. sauce each
Cal 349 **Fat** 16g (sat 2g) **Chol** 0mg **Carbs** 42g **Total sugars** 5g (added 0g) **Protein** 11g **Fiber** 9g **Sodium** 522mg **Potassium** 617mg.

RECIPE BY HILARY MEYER

LEGUME LOVE

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Salmon Burgers with Quick Pickles & Red Pepper Aioli

ACTIVE: 45 min TOTAL: 45 min

Here we make a quick aioli by combining two pantry staples: mayonnaise and roasted red peppers. Stirring a bit of the sauce into the burger mix helps the patties hold together nicely and stay moist.

- ¾ cup white-wine vinegar
- ¼ cup water
- 2 tablespoons chopped fresh dill divided
- 1 clove garlic crushed plus 1 clove grated divided
- ½ teaspoon salt
- 1 medium English cucumber
- ½ cup mayonnaise
- ¼ cup finely chopped roasted red peppers
- 1¼ pounds salmon fillet skin removed finely chopped
- 1 tablespoon minced fresh chives
- 1 tablespoon extra-virgin olive oil
- 4 whole-wheat hamburger buns split and toasted
- 1 cup baby arugula

1. Combine vinegar, water, 1 tablespoon dill, crushed garlic and salt in a small saucepan. Heat over medium-high heat until the salt dissolves, about 2 minutes. Remove from heat. Thinly slice cucumber into ribbons using a vegetable peeler. Stir the cucumber into the brine and set aside.
2. Combine mayonnaise, roasted red peppers and grated garlic in a small bowl and stir well. Transfer ¼ cup of the aioli to a large bowl and set the rest aside. Stir salmon, chives and the remaining 1 tablespoon dill into the aioli in the large bowl. Form the mixture into 4 patties about 4 inches in diameter.
3. Heat oil in a large nonstick skillet over medium-high heat. Add the patties and cook, flipping once, until golden and an instant-read thermometer inserted in the center registers 145°F, 6 to 8 minutes total.
4. Drain the pickles. Serve the burgers on buns with arugula, the remaining aioli and the pickles.

SERVES 4: 1 burger each

Cal 499 Fat 31g (sat 6g) Chol 78mg Carbs 23g Total sugars 4g (added 0g) Protein 34g Fiber 5g Sodium 588mg Potassium 625mg.

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We all need vitamin B_{12} to help our nervous system function properly; deficiencies can cause fatigue, confusion and vision loss. This salmon gives you 250% of the Daily Value per serving.

RECIPE BY DEVON O'BRIEN

KERNEL TRUTH

Cooking up the whole corncobs here infuses summery freshness into the dish. Plus, fresh corn offers a boost in both fiber and micronutrients compared to heat-and-eat or instant polenta.

Grilled Pork & Vegetables with Fresh Corn Polenta

ACTIVE: 40 min TOTAL: 40 min

Made from dried ground poblano peppers, ancho chile powder adds sweet, mild heat to this dish.

- 4 ears corn husked and halved
- 1 tablespoon butter
- ¾ teaspoon salt divided
- ¾ teaspoon ground pepper divided
- 1 medium eggplant (1 pound) sliced into ½-inch-thick rounds
- 1 medium red onion sliced into ½-inch-thick rings
- 1 medium red bell pepper cut into wedges
- 3 tablespoons extra-virgin olive oil divided
- 3 teaspoons dried oregano divided
- 2 teaspoons chile powder preferably ancho divided
- 1 pound boneless thin-cut pork chops trimmed
- Chopped fresh parsley for garnish

1. Preheat grill to medium-high.
2. Cut corn kernels from cobs. Transfer the kernels and cobs to a medium saucepan and cover with water. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer, cover and cook until the kernels are very tender, 8 to 10 minutes.
3. Discard the cobs and reserve ¾ cup of the cooking liquid. Drain the kernels and transfer to a food processor. Pulse, adding enough of the reserved cooking liquid to get the consistency of a slightly chunky polenta. Return to the pan and cook over low heat, stirring often, for 5 minutes. Stir in butter and ¼ teaspoon each salt and pepper. Remove from heat and cover to keep warm.
4. Toss eggplant, onion and bell pepper with 2 tablespoons oil in a large bowl. Sprinkle with 2 teaspoons oregano, 1 teaspoon chili powder and ¼ teaspoon each salt and pepper; toss again. Drizzle pork chops with the remaining 1 tablespoon oil and sprinkle with the remaining 1 teaspoon each oregano and chili powder and ¼ teaspoon each salt and pepper.
5. Grill the pork until an instant-read thermometer inserted in the thickest part reaches 145°F, 4 to 6 minutes per side. Grill the vegetables until tender, 3 to 4 minutes per side.
6. Coarsely chop the vegetables. Serve the pork and vegetables with the polenta. Garnish with parsley, if desired.

SERVES 4: 3 oz. pork, 1 cup vegetables & 1 cup polenta each

Cal 473 Fat 29g (sat 8g) Chol 76mg Carbs 31g Total sugars 11g (added 0g) Protein 30g Fiber 7g Sodium 558mg Potassium 987mg.

RECIPE BY ADAM DOLGE

Skillet Beef, Corn & Zucchini Tater Tot Casserole

ACTIVE: 30 min **TOTAL:** 45 min

Casseroles can be for summer too! We packed this one with peak-season vegetables—corn, zucchini and tomatoes—then topped it with crispy tater tots and gooey melted cheese, making it a dinner winner.

- **2 tablespoons extra-virgin olive oil**
- **1 pound lean ground beef**
- **1 small onion, chopped**
- **2 medium zucchini, shredded**
- **1½ cups chopped tomatoes, divided**
- **1 cup corn kernels**
- **1 tablespoon chili powder**
- **1 tablespoon Worcestershire sauce**
- **¼ teaspoon salt**
- **1 tablespoon all-purpose flour**
- **1 cup shredded sharp Cheddar cheese, divided**
- **2 cups frozen tater *or* veggie tots**
- **Cooking spray**
- **Chopped chives for garnish**

1. Preheat oven to 450°F.
2. Heat oil in a large ovenproof skillet over medium-high heat. Add beef and onion. Cook breaking up the beef with a wooden spoon until the onion is soft and the beef is no longer pink about 5 minutes. Add zucchini 1 cup tomatoes corn chili powder Worcestershire and salt cook stirring until the zucchini has begun to release its liquid about 3 minutes. Sprinkle with flour and cook stirring until the liquid has thickened about 1 minute more. Remove from heat.
3. Spread the mixture into an even layer. Sprinkle with ½ cup cheese and arrange tots evenly over the cheese. Coat the tots with cooking spray. Transfer the pan to the oven.
4. Bake for 15 minutes. Sprinkle with the remaining ½ cup cheese and bake until the cheese is melted and the tots are golden brown about 5 minutes more. Top with the remaining ½ cup tomatoes and garnish with chives if desired.

SERVES 6: about 1¼ cups each
Cal 382 **Fat** 23g (sat 8g) **Chol** 68mg **Carbs** 22g **Total sugars** 6g (added 0g) **Protein** 23g **Fiber** 3g **Sodium** 550mg **Potassium** 794mg.

Scan with your phone's camera for more skillet casserole dinners.

RECIPE BY HILARY MEYER

Hold for
applause.

Kraft For the win win

© 2021 K

SECRET'S IN THE SAUCE

Less-sodium tamari, sometimes called tamari "lite," cuts the amount of salt per serving by 50% compared to the regular version—and without sacrificing flavor (we tried them side by side in a blind taste test). It even has 100 mg less sodium than low-sodium soy sauce.

Teriyaki Chicken Skewers with Blistered Shishito Peppers

ACTIVE: 45 min **TOTAL:** 45 min

EQUIPMENT: Six 11-inch metal skewers

Thin-skinned shishito peppers char quickly on the grill. We cook them on their own skewers, separate from the chicken. This way you can add them in the last few minutes so they don't get too blistered. These peppers can sometimes be spicy, so if you don't like too much heat, swap in mini bell peppers instead. Serve over rice to round out the meal.

- **¼ cup 50%-less-sodium tamari** *(see Tip) or* **low-sodium soy sauce**
- **¼ cup mirin**
- **2 tablespoons toasted sesame oil**
- **1 tablespoon light brown sugar**
- **2 teaspoons minced fresh ginger**
- **1 clove garlic, minced**
- **1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **2 tablespoons water**
- **1 teaspoon cornstarch**
- **6 ounces shishito peppers**
- **2 teaspoons toasted sesame seeds**
- **1 scallion, thinly sliced**

1. Preheat grill to medium-high.
2. Combine tamari (or soy sauce), mirin, sesame oil, brown sugar, ginger and garlic in a medium bowl. Transfer half the mixture to a small saucepan. Add chicken to the bowl and toss to coat. Let marinate, stirring once or twice, for 15 minutes.
3. Meanwhile, bring the marinade in the pan to a boil. Whisk water and cornstarch in a small bowl; add to the pan. Cook, whisking, until the sauce is bubbling and thickened, about 1 minute. Remove from heat and set aside.
4. Thread peppers crosswise onto 3 skewers and the chicken onto the remaining 3 skewers. (Discard any remaining marinade.) Oil the grill rack. Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165°F, about 10 minutes. Grill the peppers, turning occasionally, until charred, 2 to 3 minutes.
5. Brush the chicken and peppers with the reserved sauce. Sprinkle with sesame seeds and scallion.

SERVES 4: 3 oz. chicken & ½ cup peppers each
Cal 303 **Fat** 14g (sat 3g) **Chol** 151mg **Carbs** 10g **Total sugars** 7g (added 2g) **Protein** 30g **Fiber** 1g **Sodium** 562mg **Potassium** 431mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY HILARY MEYER

SQUEAKY CLEAN

Farmed clams usually just need a quick scrub under running water. But if you buy wild clams, soak them in lots of cold water with a bit of kosher salt for 20 minutes, then drain before cooking. A generous pinch of cornmeal in the soaking water may help expel even more grit.

Grilled Clams with Corn & Pepper Relish

ACTIVE: 35 min TOTAL: 35 min

Cooking bivalves like clams is pretty foolproof because they tell you when they're done—you'll know they're ready once they open. Discard any that stay closed.

- 4 ears corn husked
- 1 red bell pepper quartered seeds removed
- 1 15-ounce can low-sodium white beans rinsed
- ½ cup finely chopped celery
- ½ cup chopped scallions
- ½ cup cider vinegar
- 2 tablespoons honey
- 4 pounds littleneck clams scrubbed

1. Preheat grill to high.
2. Oil the grill rack. Grill corn and bell pepper, flipping occasionally, until tender and slightly charred, 6 to 8 minutes. Transfer to a clean cutting board and let cool for 5 minutes. Cut kernels from the cobs and chop the peppers. Transfer to a medium bowl and add beans, celery and scallions.
3. Bring vinegar and honey to a simmer in a small saucepan. Pour the mixture over the vegetables and toss to combine. Let stand at room temperature for 10 minutes.
4. Meanwhile, grill clams, without turning, until they open, about 8 minutes. Serve the clams with the corn-and-pepper relish.

SERVES 4: 2 oz. clam meat & 1 cup relish each
Cal 271 Fat 3g (sat 0g) Chol 17mg Carbs 48g Total sugars 18g (added 9g) Protein 18g Fiber 8g Sodium 432mg Potassium 678mg.

JOHNNY AUTRY; RECIPE BY ADAM DOLGE

CHILL MEALS

Consider your freezer part of your pantry and keep it stocked with frozen veggies. Here you can swap 4 cups frozen chopped peppers and onions in Step 2 and 1½ cups thawed and drained frozen chopped spinach in Step 3.

Pepper, Pesto & Spinach Stromboli

ACTIVE: 25 min **TOTAL:** 40 min

Stromboli can often be heavy with meat and cheese, but this version is packed with veggies. Nutty fontina is more flavorful than classic mozzarella, so a little goes long way. Serve with your favorite marinara sauce for dipping.

- **1 tablespoon extra-virgin olive oil plus 1 teaspoon, divided**
- **2 large bell peppers, chopped**
- **½ large onion, sliced**
- **1 pound whole-wheat pizza dough, at room temperature**
- **All-purpose flour for rolling**
- **¼ cup pesto**
- **3 cups chopped baby spinach**
- **⅓ cup chopped pickled banana peppers**
- **1½ cups shredded fontina cheese**
- **1 teaspoon sesame seeds**

1. Position a rack in lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add bell peppers and onion; cook, stirring occasionally, until softened, about 5 minutes. Remove from heat.
3. Roll dough out on a lightly floured surface into a rectangle approximately 14 by 10 inches. Spread pesto over the dough, leaving a ½-inch border. Top with the bell pepper mixture, spinach, banana peppers and cheese. Starting at a long side, tightly roll the dough into a cylinder. Pinch and tuck both ends closed to contain the filling. Using two spatulas, carefully transfer the stromboli seam-side down to the prepared baking sheet. Brush with the remaining 1 teaspoon oil and sprinkle with sesame seeds.
4. Bake until the crust is beginning to brown, 15 to 20 minutes. Let stand for 5 minutes, then slice.

SERVES 5: ⅕ stromboli each
Cal 443 **Fat** 24g (sat 8g) **Chol** 38mg **Carbs** 44g **Total sugars** 6g (added 0g) **Protein** 17g **Fiber** 4g **Sodium** 732mg **Potassium** 209mg.

RECIPE BY BREANA KILLEEN

TURN WHAT YOU HAVE

INTO SOMETHING DELICIOUS

with Hellmann's

MAKE TASTE, NOT WASTE.

WE'RE ON THE SIDE OF FOOD

Spiralized Summer Squash with Tomatoes & Mint

ACTIVE: 15 min **TOTAL:** 15 min

Find squash "noodles" with other precut fruits and veggies in your supermarket's produce section if you don't want to spiralize them yourself.

- **¼ cup extra-virgin olive oil**
- **2 tablespoons rice vinegar**
- **1 tablespoon lemon juice**
- **2 teaspoons Dijon mustard**
- **½ small shallot, minced**
- **¼ teaspoon salt plus a pinch, divided**
- **4 cups spiralized zucchini** *and/or* **summer squash**
- **1 pint cherry tomatoes, halved or quartered if large**
- **2 tablespoons chopped fresh basil**
- **2 tablespoons chopped fresh mint**
- **½ teaspoon ground pepper**

Whisk oil, vinegar, lemon juice, mustard, shallot and ¼ teaspoon salt in a large bowl. Add zucchini (and/or summer squash), tomatoes, basil and mint and toss to coat. Sprinkle with pepper and the remaining pinch of salt and toss again.

SERVES 4: 1¼ cups each
Cal 159 **Fat** 14g (sat 2g) **Chol** 0mg **Carbs** 6g **Total sugars** 4g (added 0g) **Protein** 2g **Fiber** 2g **Sodium** 253mg **Potassium** 402mg.

Grilled Snap Peas with Chile-Miso Butter

ACTIVE: 15 min **TOTAL:** 15 min

EQUIPMENT: Grill basket

Miso, chile-garlic sauce and vinegar lend serious savory flavor to the compound butter used to coat the charred peas.

- **1 pound sugar snap peas, trimmed**
- **2 tablespoons canola oil**
- **½ teaspoon salt, divided**
- **1 tablespoon butter, softened**
- **1 tablespoon white** *or* **yellow miso**
- **1 teaspoon chile-garlic sauce** *or* **Sriracha**
- **1 teaspoon rice vinegar**
- **Toasted sesame seeds & sliced scallions for serving**

1. Preheat grill to high.
2. Toss peas with oil and ¼ teaspoon salt in a large bowl. Transfer to a grill basket. Grill, stirring occasionally, until charred, about 4 minutes.
3. Combine butter, miso, chile-garlic sauce (or Sriracha), vinegar and the remaining ¼ teaspoon salt in the bowl. Add the peas and toss to coat. Garnish with sesame seeds and scallions, if desired.

SERVES 6: ½ cup each
Cal 96 **Fat** 7g (sat 2g) **Chol** 5mg **Carbs** 7g **Total sugars** 4g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 312mg **Potassium** 152mg.

Scan with your phone's camera for more summer vegetable sides.

RECIPES BY RACHEL STEARNS, BREANA KILLEEN

Tomato- & Mozzarella-Smothered Grilled Chicken

ACTIVE: 20 min **TOTAL:** 20 min

The topping of this caprese-like chicken gets nice and melty on the grill. While you're there, crisp up some crusty bread to serve alongside. It's great for soaking up all the flavorful juices left on your plate.

- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons balsamic glaze *(see Tip)*, divided**
- **1 tablespoon chopped fresh basil, plus more for garnish**
- **2 cloves garlic, grated**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **1 pound chicken cutlets**
- **1 cup shredded part-skim mozzarella cheese**
- **1 small tomato, thinly sliced**

1. Preheat grill to medium-high or heat a grill pan over medium-high heat.
2. Combine oil 1 tablespoon balsamic glaze basil garlic pepper and salt in a small bowl. Brush the mixture on both sides of chicken.
3. Oil the grill rack or pan. Grill the chicken until it easily releases from the grill or pan 3 to 4 minutes. Flip and top with mozzarella and tomato. Grill until the cheese is melted and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F 3 to 4 minutes more. Drizzle with the remaining 1 tablespoon balsamic glaze and sprinkle with more basil if desired.

SERVES 4: 4½ oz. topped chicken each
Cal 288 **Fat** 15g (sat 5g) **Chol** 81mg **Carbs** 7g **Total sugars** 5g (added 4g) **Protein** 30g **Fiber** 0g **Sodium** 390mg **Potassium** 308mg.

IN A GLAZE

Balsamic glaze is made by cooking down balsamic vinegar until it's very thick, yielding a more concentrated, sweeter flavor. You could make your own, but to save time we opt for store-bought here. Find it in well-stocked grocery stores with other vinegars.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY DEVON O'BRIEN

Seared Barramundi with Olive-Herb Sauce

ACTIVE: 20 min **TOTAL:** 20 min

Coating fish with a little cornstarch, as we do here, before searing it in a hot pan ensures you'll get a crispy exterior. Serve with roasted potatoes.

- ½ cup pitted Castelvetrano olives
- 1 anchovy, minced
- 2 tablespoons chopped fresh dill, plus more for garnish
- 2 tablespoons chopped fresh parsley, plus more for garnish
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 5 tablespoons extra-virgin olive oil, divided
- 2 tablespoons cornstarch
- 1¼ pounds barramundi *(see Tip)*, cod *or* mahi-mahi, cut into 4 portions
- ⅛ teaspoon salt
- ¼ teaspoon ground pepper

1. Combine olives anchovy dill parsley shallot and vinegar in a food processor. Pulse scraping down the sides as necessary until roughly chopped. With the motor running drizzle in 3 tablespoons oil and blend until almost smooth.
2. Place cornstarch in a shallow dish. Pat fish dry with paper towels and season with salt and pepper. Dredge the fish in the cornstarch. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the fish and cook until golden on one side about 3 minutes. Flip the fish and reduce heat to medium. Continue cooking until the fish flakes easily with a fork 1 to 2 minutes more. Serve the fish with the sauce and garnished with more herbs if desired.

SERVES 4: 4 oz. fish & 2 Tbsp. sauce each
Cal 304 **Fat** 22g (sat 2g) **Chol** 59mg **Carbs** 1g **Total sugars** 0g (added 0g) **Protein** 30g **Fiber** 0g **Sodium** 445mg **Potassium** 24mg.

BETTER BASS

Barramundi (aka Asian sea bass) is a mild white fish with a flaky texture and a respectable amount of omega-3s (830 mg per serving compared to 280 mg for cod and 180 mg for mahi-mahi). Most farmed barramundi is rated a Best Choice by Seafood Watch.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN

Gado Gado Platter

ACTIVE: 35 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 3 days.

Linda Shiue first tried gado gado while backpacking in Indonesia. The salad features cooked vegetables, hard-boiled eggs, tempeh or tofu and a peanut dressing. Her interpretation of the dish is this colorful spread that can be served with the dressing drizzled over the top or on the side for dipping. Krupuk udang, deep-fried crackers flavored with shrimp, add extra crunch.

- **6 tablespoons light coconut milk**
- **⅓ cup crunchy natural peanut butter**
- **2 tablespoons lime juice**
- **1 tablespoon 50%-less-sodium tamari *(see Tip, page 32) or* low-sodium soy sauce**
- **1 tablespoon granulated sugar**
- **1½ teaspoons grated fresh ginger**
- **8 ounces long beans *or* green beans, trimmed and cut into 3-inch pieces**
- **10 ounces cabbage, cut into 2-by-3-inch pieces (about 4 cups)**
- **2 tablespoons canola oil**
- **½ cup sliced shallots**
- **1 8-ounce package tempeh, cut into ¼-inch-thick slices**
- **4 hard-boiled eggs, quartered**
- **2 plum tomatoes, cut into 8 wedges each**
- **2 medium carrots, julienned**
- **1 cup bean sprouts**
- **½ medium cucumber, sliced**
- **1 cup krupuk udang (Indonesian shrimp chips) *or* Japanese rice crackers**

1. Whisk coconut milk, peanut butter, lime juice, tamari (or soy sauce), sugar and ginger in a medium bowl. Thin with water, if needed, to achieve a pourable consistency. Set aside.

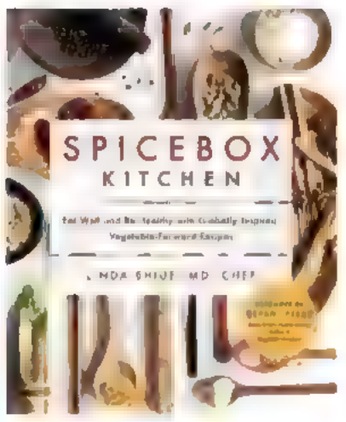
2. Bring a large saucepan of water to a boil over medium-high heat. Set a large bowl of ice water by the stove. Cook beans in the boiling water until tender-crisp, 2 to 3 minutes. Use a slotted spoon to transfer to the ice water.

3. Pour off all but 1 inch of water from the saucepan and add a steamer basket. Add cabbage, cover and steam over medium-high heat for 3 minutes. Transfer the cabbage to the ice bath to cool. Drain the vegetables; pat dry.

4. Heat oil in a large nonstick skillet over medium heat. Add shallots and cook, stirring often, until golden brown, 3 to 5 minutes. Transfer the shallots to a small bowl, leaving the oil behind. Increase heat to medium-high. Add tempeh and cook until the edges are browned, 1 to 2 minutes per side. Transfer to a paper-towel-lined plate to drain.

5. Arrange eggs, tomatoes, carrots, bean sprouts, cucumber and krupuk (or rice crackers) on a large platter. Add the beans, cabbage, tempeh and shallots. Serve with the reserved dressing.

SERVES 4: 3½ cups salad & ¼ cup dressing each
Cal 543 **Fat** 32g (sat 8g) **Chol** 186mg **Carbs** 39g **Total sugars** 17g (added 4g) **Protein** 29g **Fiber** 7g **Sodium** 340mg **Potassium** 951mg.



Chef Linda Shiue, M.D. In her first book, *Spicebox Kitchen,* the physician shares her unique perspective on the intersection of food and medicine. Her recipes take inspiration from global flavors and feature a variety of spices that have proven health benefits. Take, for example, the fresh ginger used in the peanut dressing here: it contains gingerols, anti-inflammatory compounds that may reduce muscle and joint pain, such as from arthritis.

EXCERPTED FROM *SPICEBOX KITCHEN: EAT WELL AND BE HEALTHY WITH GLOBALLY INSPIRED, VEGETABLE-FORWARD RECIPES* BY LINDA SHIUE, M.D. COPYRIGHT © 2021. AVAILABLE FROM HACHETTE GO, AN IMPRINT OF HACHETTE BOOK GROUP, INC

Grilled Halloumi & Summer Vegetable Tacos

ACTIVE: 30 min **TOTAL:** 30 min

Because of its semi-firm texture, halloumi is prone to sticking to the grill. Be sure to oil the grill grates well before adding the brined Cypriot cheese.

- **1 lemon**
- **2 tablespoons extra-virgin olive oil**
- **1 clove garlic, grated**
- **1 tablespoon finely chopped fresh oregano**
- **½ teaspoon ground pepper**
- **⅛ teaspoon salt, divided**
- **1 ear corn, husked**
- **1 medium zucchini, trimmed and thickly sliced**
- **½ small red onion, cut into ¼-inch rings**
- **1 medium red bell pepper, cut into 1-inch strips**
- **8 ounces halloumi cheese, cut into 6 slices**
- **8 corn tortillas**
- **½ cup reduced-fat sour cream**

1. Preheat grill to medium-high.
2. Zest half the lemon into a large bowl. Stir in oil garlic oregano ground pepper and a pinch of salt. Add corn zucchini onion bell pepper and halloumi and gently toss to coat. Cut the lemon in half.
3. Oil the grill rack. Reserving the marinade in the bowl for the sauce transfer the vegetables and halloumi to the grill. Grill the corn zucchini and onion flipping frequently until tender and charred in spots 8 to 10 minutes. Grill the bell pepper halloumi and lemon halves flipping once halfway until browned 2 to 4 minutes. Grill tortillas flipping once halfway until lightly charred about 1 minute.
4. Transfer the vegetables halloumi and lemon to a cutting board. Cut the corn kernels off the cob. Coarsely chop the zucchini onion bell pepper and halloumi. Cut the lemon into wedges. Whisk sour cream and the remaining pinch of salt into the remaining marinade. Serve the vegetables and halloumi in the tortillas with the sauce and lemon wedges.

SERVES 4: 2 tacos each

Cal 458 **Fat** 28g (sat 14g) **Chol** 55mg **Carbs** 37g **Total sugars** 5g (added 0g) **Protein** 18g **Fiber** 6g **Sodium** 734mg **Potassium** 480mg.

RECIPE BY BREANA KILLEEN

Ready, Set, Stir-Fry

This essential stovetop cooking technique offers endless possibilities for quick weeknight meals.
By Joy Howard

No wok? No worries!

The high sides of a wok make it the ideal cooking vessel for stir-frying lots of ingredients but you can still get good results from a large cast-iron skillet instead.

Prep like a pro

For the best results chop your ingredients into uniform pieces so they cook evenly. And make sure everything is measured and by the stove before you start—the cooking moves quickly.

Turn up the heat

A high flame is a cornerstone of stir-frying. Get your pan good and hot so the vegetables have a tender-crisp texture in the finished dish.

JOY SAYS

If your kids are ready for stovetop cooking like mine, let them handle the stir-frying.

INSET: JOE ST. PIERRE

Ginger-Basil Chicken & Broccoli Stir-Fry

ACTIVE: 30 min **TOTAL:** 30 min

Broccoli and snow peas add color, crunch and of course 1½ servings of vegetables per person to this easy stir-fry. Serve over rice or rice noodles to absorb every last bit of the sauce.

- **5 tablespoons 50%-less-sodium tamari *(see Tip, page 32)* or low-sodium soy sauce, divided**
- **4 tablespoons rice vinegar, divided**
- **4 teaspoons cornstarch, divided**
- **1 pound chicken cutlets, thinly sliced**
- **4 teaspoons honey**
- **2 tablespoons canola oil, divided**
- **6 cloves garlic, minced**
- **4 teaspoons grated fresh ginger**
- **2 scallions, sliced**
- **4 cups broccoli florets**
- **2 tablespoons water**
- **2 cups snow peas**
- **½ cup packed fresh basil leaves, coarsely chopped or torn**

1. KIDS DO Combine 2 tablespoons tamari (or soy sauce), 1 tablespoon vinegar and 2 teaspoons cornstarch in a shallow dish. Stir in chicken and set aside.
2. KIDS DO Mix the remaining 3 tablespoons each tamari (or soy sauce) and vinegar, 2 teaspoons cornstarch and honey in a small bowl; set near the stove.
3. Heat 1 tablespoon oil in a large flat-bottom wok or cast-iron skillet over high heat until shimmering. Add the chicken in a single layer and cook until golden on one side, 1 to 2 minutes. Flip and cook for 1 minute more. Transfer the chicken to a plate.
4. Add the remaining 1 tablespoon oil to the pan. Add garlic, ginger and scallions and cook, stirring, for 30 seconds. Stir in broccoli and water, quickly cover and steam for 2 minutes.
5. Add snow peas and return the chicken and any accumulated juices. Stir the reserved sauce and add to the pan. Cook, stirring frequently and scraping up any browned bits, until the sauce is thickened, 2 to 3 minutes. Remove from heat and stir in basil.

SERVES 4: 1⅓ cups each

Cal 300 **Fat** 10g (sat 1g) **Chol** 83mg **Carbs** 19g **Total sugars** 9g (added 6g) **Protein** 31g **Fiber** 4g **Sodium** 686mg **Potassium** 676mg.

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Time is running out to protect our oceans. **Act now.** www.wwf.org/love

good food fast

Rise & Dine

Thanks to your slow cooker, you can cook a crock of almost any whole-grain porridge while you sleep. Turn for our faves and take inspiration from these topping combos.

roasted cherry tomatoes • ricotta • za'atar
sautéed spinach • Parmesan • lemon zest • olive oil
poached egg • dill • chives • chile oil
coconut flakes • brown sugar • pistachios
berries • almonds • granola • yogurt • hon

give yourself a break

Photos by Ted & Chelsea Cavanaugh

Styling by Nora Singley

Porridge Power

Sure, oatmeal is a breakfast go-to, but why not branch out with these fiber-rich whole grains that bring satisfying new flavors and textures to your morning meal? Here's the basic formula and some types to try. By Maya Feller, M.S., RD

The Base Recipe Combine 8 cups **unsweetened oat milk, other plant-based milk** (skip dairy, it will curdle) or **water,** 2 cups **grain** *(see below)* and ½ tsp. **salt** in a 5-quart or larger slow cooker. Cook on Low until tender and creamy, about 8 hours.
SERVES 8: 1 cup each **NUTRITION INFO:** page 102

1 SHORT-GRAIN BROWN RICE

Short-grain brown rice cooks to a soft and sticky texture reminiscent of rice pudding in the slow cooker. Brown rice stands up to the long cooking time better than white, plus this whole grain contains some magnesium, phosphorus, thiamin and niacin (which get stripped from white rice).

2 PEARL BARLEY

At 6 grams per 1-cup serving, barley is tops for fiber of any of the grains here. And it has high levels of prebiotic fiber, making it great for promoting healthy gut bacteria. Like oats, barley contains beta-glucans, a type of soluble fiber that's been shown to improve blood pressure and cholesterol levels.

3 FONIO

Fast-growing and drought-resistant, this ancient grain is an important crop in West Africa. It's a type of millet, making it gluten-free. Fonio's light and fluffy texture and mild flavor make it work equally well with sweet and savory toppings.

4 FARRO

Originally from Mesopotamia, farro is a type of wheat with a wonderful nutty flavor and toothsome texture. It's packed with plant-based protein, niacin, magnesium and zinc. Ancient wheat strains have also been found to have higher levels of antioxidants and carotenoids, important for eye health.

5 QUINOA

This gluten-free pseudocereal (it's a seed!) is a nutritional powerhouse and a complete protein. It has a wide array of vitamins and minerals, including phosphorus, manganese, zinc and iron, many of which Americans don't get enough of.

Looking for more topping ideas? Scan with your phone's camera for high-protein options.

Real chocolatey goodness.

Real strawberries.

Real almonds.

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SPECIAL K

Who said doing something good for yourself had to be hard?

Do what's **delicious.**

Insta-dips

A few ingredients and a quick stir or whir is all you need to make these no-cook dips. For bonus cuteness points, serve them in individual cups with crudités on top.
By Andrea Mathis, M.A., RDN, LD

Creamy Salsa Cheddar Dip
Puree 16 oz. softened **reduced-fat cream cheese,** 1½ cups **pico de gallo,** ¾ cup **shredded Cheddar cheese** and ¼ tsp. **pepper** in a food processor.

Rosemary Green Pea Dip
Puree 20 oz. **frozen peas** (thawed), 2 **garlic** cloves, 2 tsp. **fresh rosemary,** a squeeze of **lime juice,** 1 Tbsp. **olive oil** and ¼ tsp. each **salt** and **pepper** in a food processor.

Cucumber Dill Yogurt Dip
Combine 3 cups **whole-milk plain Greek yogurt,** 1 cup diced **cucumber,** 2 Tbsp. **fresh dill,** 2 tsp. **garlic powder,** a squeeze of **lemon juice,** ½ tsp. **salt** and ¼ tsp. **pepper** in a bowl.

Red Pepper White Bean Dip
Puree 2 medium **red bell peppers,** two 15-oz. cans low-sodium **cannellini beans** (rinsed), 2 **garlic** cloves, 1 Tbsp. **olive oil,** ½ tsp. **salt** and ¼ tsp. **pepper** in a food processor.

Spicy Avocado Onion Dip
Puree 4 **avocados,** 1½ cups **reduced-fat sour cream,** 1 coarsely chopped small **onion,** a squeeze of **lemon juice** and 1 tsp. each **cayenne pepper** and **salt** in a food processor.

SERVING SIZE: ¼ cup
NUTRITION INFO: page 102

Scan with your phone's camera for easy 3-ingredient apps.

Eye on the Pies

Keeping a frozen pizza handy is a no-brainer for nights when you just don't want to cook. And now there are so many delicious options for every dietary need. Here's what to look for, plus a few of our favorite Margherita and cheese versions.

By Joyce Hendley, M.S.

Watch Portions

The size of frozen pizzas and number of servings vary. Crunch the numbers based on what you'll realistically eat. Our nutrition parameters are based on a serving size of 120 to 150 grams (4 to 5 ounces; usually one-third to one-half of a frozen pizza).

Find More Fiber

While we didn't find any pizzas with 100% whole-grain crusts, some have a sprinkling of fiber-boosting whole-wheat flour, flaxseed or psyllium husk (a prebiotic fiber). Options with vegetables and/or legumes in the crust are even better, bringing the tally up to 5 grams per serving. Look for ones that contain at least 2 grams of fiber to help you reach that 25- to 38-gram daily goal.

Scan for Salt & Sat Fat

Each pizza layer (dough, sauce and cheese) is an opportunity to sneak in salt, sometimes with as much as 1,000 mg of sodium per serving. Look for ones with 700 mg sodium or less per serving. Watch out for saturated fats, too; when a brand piles on the cheese (and even vegan "cheeze"), the grams can quickly go north. Stick to pies with 8 grams or less of saturated fat per serving.

Good & Gather Four-Cheese Pizza Rising Crust

Eating Well

Numbers to look for per serving:

CALORIES
≤450

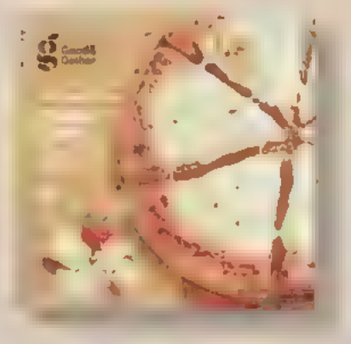
SODIUM
≤700 mg

FIBER
≥2 g

SAT FAT
≤8 g

Amy's Pizza Margherita
270 cal, 4g sat fat, 2g fiber, 540mg sodium
A simple tomato puree plus creamy mozzarella and basil yields a fresh-tasting pie.

Daiya Thin Crust Gluten Free Pizza Cheeze Lover's
400 cal, 6g sat fat, 4g fiber, 720mg sodium
This vegan option rocks a flavorful sauce and plant-based cheese that actually gets gooey.



Good & Gather Four-Cheese Pizza Rising Crust
320 cal, 5g sat fat, 2g fiber, 580mg sodium
If you favor a thick, puffy crust piled high with cheese, this pick from Target is for you.

Oggi Gluten-Free Margherita
300 cal, 4g sat fat, 6g fiber, 630mg sodium
The drizzle of basil sauce on this crisp, thick-crust pie creates a beautiful (and tasty!) presentation.

Monteli Organic 3 Cheese Pizza
300 cal, 4g sat fat, 2g fiber, 680mg sodium
Imported from Italy, this pizza has classic flavor with its thin, crisp crust and trio of cheeses.

Order Up at P.F. Chang's

It's easy to go all out with the delicious family-style meals served at this popular chain. Which means it's easy for the calorie and sodium counts to rise quickly. But we found plenty of tasty options that keep things in check and are full of colorful vegetables and lean protein. Here are our top choices. ***By Michelle Jaelin, RD***

KEEP IN MIND that each entree is meant to serve 2 people (the lettuce wraps serve 4) and comes with a side of rice—choose brown to make your meal extra-filling. The numbers below reflect 1 serving of the dish sans rice. If you are dining alone consider saving some for another time.

Beef with Broccoli *(shown)*
335 cal, 25g protein, 3g fiber, 1,055mg sodium
When you're craving a classic, this stir-fried combo of beef and fiber-rich broccoli in a ginger-garlic sauce does the trick.

Buddha's Feast
190 cal, 14g protein, 5g fiber, 1,165mg sodium
This vegetarian stir-fry boasts flavorful five-spiced tofu and loads of vibrant green beans, shiitakes, broccoli and carrots—in a savory sauce. Don't skip the brown rice to make this low-cal meal more satisfying.

Chang's Spicy Chicken
420 cal, 31g protein, 1g fiber, 570mg sodium
The sweet and spicy chili sauce-smothered chicken comes fried, but if you request it steamed, it'll shave 140 calories and save you a little sodium too.

Miso Glazed Salmon
330 cal, 25g protein, 2g fiber, 650mg sodium
Salmon is always a great choice for its heart-health benefits thanks to omega-3s and vitamin D. This option comes with an umami-packed sauce, mushrooms, spinach and bok choy.

Chang's Lettuce Wraps
178 cal, 10g protein, 2g fiber, 458mg sodium
A signature favorite appetizer, these iceberg wraps feature ground chicken, crunchy water chestnuts and sauce made with spicy Sriracha, savory soy sauce and sweet hoisin.

Nutrition numbers are subject to change. Check PFChangs.com for the most up-to-date information.

Scan with your phone's camera for a recipe to make lettuce wraps at home.

FOOD STYLING: KATE BUCKENS

Zero-Proof Sips

Over the past few years, dozens of new nonalcoholic drinks have hit the market, all promising the flavor of beer, wine and cocktails without the buzz. Whether you abstain entirely or are just taking the night off and still want something special, these beverages have all the grown-up flavor you're looking for. By Joy Manning

Thomson & Scott Noughty Sparkling Alcohol-Free Chardonnay
This sparkler has about half the sugar compared to most others, with a crisp, dry food-friendly finish. ($20, *betterrhodes.com*)

Curious Elixir No. 2
This refreshing drink is tropical and sweet with a kick of ginger. Serve it over a big ice cube with a twist of lime for maximum cocktail-hour vibes. ($35/4-pack, *curiouselixirs.com*)

Ritual Zero Proof Gin Alternative
Fragrant with cucumber, lemongrass and mint, this impostor makes a convincing G&T. A touch of pepper mimics alcohol's trademark burn. ($27, *ritualzeroproof.com*)

WellBeing Heavenly Body Golden Wheat
This balanced brew hits all the right hoppy, citrusy and malty notes. It's a perfect pairing for all things spicy. ($13/6-pack, *wellbeingbrewing.com*)

Dram Hair of the Dog Aromatic Bitters
Typical bitters are at least 20% alcohol by volume. This booze-free version is spicy and herbal. Try it in sparkling water with a slice of lime. ($18, *dramapothecary.com*)

Hella Cocktail Co. Bitters & Soda Spritz Aromatic
Spritz lovers will appreciate this pleasantly bitter canned mocktail with a hint of orange and clove. ($36/12-pack, *hellacocktail.co*)

Savoring the Slow Life on

California's Central Coast

By Betsy Andrews

Location Photography
by Cheyenne Ellis

Food Photography
by Eric Wolfinger

What's a long car ride without treats? Grab a cup of Stumptown coffee and a box of European-style pastries from Bob's Well Bread (*left*) in Ballard or a fresh-from-the-orchard slice of pie at Linn's (*above*) in Cambria.

This food-fueled road trip with chef SCOTT CLARK will have you packing your bags for a drive down the Pacific Coast Highway.

Midway through breakfast, my traveling buddy, chef Scott Clark *(opposite)*, disappeared. We were on the deck at Hidden Kitchen restaurant, a find in the California surfing community of Cayucos, devouring the house specialty: blue-corn waffles. Mine was piled with savory toppings—organic avocado, fried eggs, beans, salsa. Frost, Clark's 5-year-old daughter, was demolishing a sweet one, her face smeared with coconut whipped cream. Around us, locals, some fresh from the waves, were eating with equal gusto.

But even the town's favorite breakfast couldn't keep a guy seated when he was determined to buy a boat. Clark, 34, and I were nearing the end of a five-day journey with Frost and her mom, Alexis Liu, along the Central Coast—350 miles' worth of tiny towns, small farms and endless waves that stretches from just south of San Francisco to Ventura, north of Los Angeles. It's a sleepy part of California. Most drivers miss it, booking down the 101 Freeway between cities.

However, travelers who venture along Highway One (the Pacific Coast Highway, or PCH), the meandering, more picturesque road that hugs the shoreline, can sample its many charms. We had started the trip at Dad's Luncheonette—Clark's restaurant, and his refuge—in Half Moon Bay, 30 miles south of San Francisco. There, in an old-time caboose, he whips local veggies

Half Moon Bay

and dairy into crave-worthy lunch fare: seasonal herb salads, crispy maitake mushroom sandwiches, icebox Earl Grey pie. Clark had moved there in 2017 for a slower pace of life, and wanted to show me his favorite spots in the region. So we hatched a plan to caravan down the PCH. Clark could surf, and we'd eat all the good things along the way.

At Harley Farms Goat Dairy in Pescadero, a dusty farm town on the peninsula that shelters the San Francisco Bay, we sampled chèvre that was sweet from meadow grass and salty from the Pacific breeze. Farmer Dee Harley, a British expat, settled here 35 years ago and married the heir to Duarte's Tavern, a town landmark founded in 1894—where the four of us stopped for a bite. Amid taxidermy and mounted fish, we spooned up creamy soup vibrant with the flavor of the local crop: artichokes. As we traveled the Monterey Peninsula on down through Big Sur to the surfer towns of San Luis Obispo County and the pristine estuary of Morro Bay, we shared meals made with local ingredients and local pride: crab Louie salad featuring Dungeness pulled from the Pacific, mushroom curry with foraged fungi, tangy olallieberry pie filled with fruit grown at the Linn family orchard in Cambria.

On a beach north of Cayucos, Spencer Marley, founder of Marley Family Seaweeds, took us on one of his

Dad's Mushroom Sandwich, p.62

The mushroom sandwich at Clark's restaurant Dad's Luncheonette (*opposite; recipe page 62*) features maitakes from Guan's Mushroom in Fremont. At a beach in Cayucos, Clark and forager Spencer Marley (*below*) search for sea lettuce in a tide pool blanketed in surf grass.

bespoke seaweed-foraging trips. Scrambling through tide pools, we munched as we went: tender sea lettuce; meaty kombu. Marley lit a camp stove and cooked seaweed ramen.

"Are you stoked, kiddo?" Clark asked Frost. "I'm so stoked."

"Me too," said Frost, slurping noodles against an orange sunset.

Maybe it was there and then, as he and Marley traded fishing tips, or while kayaking in Morro Bay, or visiting its same-named oyster farm, but somewhere along the way, Clark decided he needed a boat. The tug of the ocean here was that compelling.

After those morning waffles, Liu, Frost and I took a stroll out onto Cayucos Pier to watch surfers and seabirds bob in the water. Eventually, we wandered back into town to a tiny, multicolored shack at the foot of the pier that Clark calls his "ignition point": Ruddell's Smokehouse, home to legendary smoked fish tacos. I had just ordered a mess of them—filled with albacore, ahi, salmon and shrimp, all dressed with aioli and a snappy apple slaw—when Clark rolled up in his truck, hauling a trailer holding a banged-up skiff. It was a heck of a souvenir.

Clark jumped out and took a seat at the picnic table where the rest of us sat with proprietor Kathleen Ruddell. "You're the reason that I have a restaurant," he told her. "This place changed the course of my life." The first time he had visited Ruddell's was in 2014 with Liu. At the time, Clark was a sous chef at a three-starred Michelin restaurant in San Francisco, and he had wanted a fine-dining experience. "But we ordered tacos, and sitting here, I was like, 'Oh, this is it,'" Clark said.

Ruddell's husband, Jim, who founded the restaurant 20 years ago, had been his role model, Clark told her. She understood what he meant. Before his death in 2018, Jim's "office" had been a lawn chair facing the beach. "His quality of life was so good that he wanted to keep it simple," Ruddell said. "He just wanted to smoke fish and watch the ocean."

So it is with Clark. When Liu got pregnant with Frost, Clark decided it was time to make a change. The Central Coast's sea-meets-land vibe sold him. "Small farms where passionate people are doing their thing drew me," he said. "Good people, good food, water everywhere."

On the trip's final morning, Frost ran along paths blazed by shorebirds on Pismo State Beach. "Dad, I found dinosaur tracks!"

"Dinosaurs? No way!" Clark kept one eye on his daughter as he tended a small fire on the sand. I had asked what inspired him most on our journey, so he was showing me by cooking our send-off meal, using ingredients picked up on our travels: grilled Morro Bay oysters, dressed in a mignonette deep with umami from shoyu and foraged seaweed, and bright from farm-fresh citrus and pink peppercorns scavenged from a roadside bush. Seagulls stood staring as our shell pile grew.

"Wow!" I said, reaching for more oysters, and for some surfer slang I picked up on the trip: "This has been epic."

Clark laughed. "There are so many gems to discover here," he said. "The Central Coast is just joyful."

Contributing editor BETSY ANDREWS *is a food and travel writer and poet.*

Cruising Life Coast

Where to Stay

For mod style and balcony views of Santa Cruz surfers, check into **Dream Inn.** *dreaminnsantacruz.com*

Carmel's **Tally Ho Inn** offers big, gracious rooms with jacuzzis. *tallyho-inn.com*

Luxury lodge **White Water** is on Cambria's picturesque Moonstone Beach. *whitewatercambria.com*

Rooms have outdoor hot tubs at **Sycamore Mineral Springs Resort** in Avila Beach. *sycamoresprings.com*

Where to Eat

Dad's Luncheonette makes Half Moon Bay's best lunch. *dadsluncheonette.com*

Dine on locally caught fish and vegetables from the restaurant's garden at **Duarte's Tavern** in Pescadero. *duartestavern.com*

Just about any dish at **Julia's Vegetarian** in Pacific Grove can be ordered with fungi foraged by the owner. *juliasveg.com*

Feast on olallieberry pie at **Linn's** in Cambria. *linnsfruitbin.com*

Shine Cafe is Morro Bay's vegetarian hit. *sunshinemorrobay.com*

Ruddell's Smokehouse is Cayucos' landmark for smoked fish tacos. *smokerjim.com*

Blue-corn waffles are sweet or savory at Cayucos' **Hidden Kitchen.** *hiddenkitchencalifornia.com*

At Morro Bay State Park, **Bayside Cafe** serves California classics. *baysidecafe.com*

The Spoon Trade dishes out upscale comfort food in Grover Beach. *thespoontrade.com*

Start the morning with brioche French toast at **Bob's Well Bread** in Los Alamos or Ballard. *bobswellbread.com*

What to Do

Tour Pescadero's **Harley Farms** and stock up on cheese, soap and more. *harleyfarms.com*

Forage for ocean vegetables and eat seaweed-enriched ramen on the beach with **Marley Family Seaweeds.** *marleyfamilyseaweeds.com*

Paddle the bird-filled Morro Bay in a boat from **A Kayak Shack.** *morrobaykayakrental.com*

ILLUSTRATION BY ANNIKA LAYNE

Cayucos

Amanecer Eizner (*above*), co-owner of Hidden Kitchen, serves up a plate of their famous blue corn waffles. Fish tacos more your jam? Head around the corner to Ruddell's Smokehouse (*opposite*).

Blue Corn Waffles Rancheros, p.59

Smoked Ahi Tacos

ACTIVE: 50 min **TOTAL:** 1 hr 10 min

Overlooking the surf in Cayucos, Ruddell's Smokehouse has been a Central Coast landmark for two decades. When it's time to order, guests choose smoked meat, seafood or black bean patties in taco or sandwich form. We adapted their recipe using an easy technique for smoking on the grill.

TERIYAKI SAUCE

- ¼ cup reduced-sodium tamari *or* shoyu
- ¼ cup packed brown sugar
- 1 tablespoon sliced fresh ginger
- 2 cloves garlic, crushed and peeled

AIOLI

- 1 small clove garlic, coarsely chopped
- ⅛ teaspoon salt
- 6 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 1½ teaspoons ground cumin

TACOS

- 2 cups wood chips, preferably alder *or* apple, soaked for 30 minutes
- 1 pound ahi (yellowtail) tuna steaks (1 inch thick)
- 1 teaspoon packed brown sugar
- Pinch of kosher salt
- 1 small carrot, shredded
- 1 small stalk celery, diced
- ½ medium Fuji apple, diced
- 1 scallion, sliced
- 12 6-inch corn *or* whole-wheat flour tortillas
- 1½ cups shredded romaine lettuce
- 1 medium tomato, halved and sliced

1. To prepare teriyaki sauce: Combine tamari (or shoyu) and ¼ cup brown sugar in a small saucepan. Bring to a simmer over medium heat. Add ginger and crushed garlic; reduce heat to maintain a simmer and cook for 15 minutes. Strain through a fine-mesh sieve into a small bowl. Discard solids. Set aside.

2. To prepare aioli: Mash chopped garlic with ⅛ teaspoon salt into a paste in a mortar and pestle or with a fork on a cutting board. Transfer to a medium bowl. Add mayonnaise, mustard and cumin; mix well. Set aside.

3. To prepare tacos: If using a gas grill, add the wood chip packet (*see Tip*) and preheat to high. Then turn off 1 burner and reduce the heat on the remaining 1 to 2 burners to medium. If using a charcoal grill, build a two-zone fire (coals on one side of the grill) and let it burn down to medium heat (about 350°F). Then drain wood chips and add to the coals.

4. Oil the grill rack. Sprinkle fish with brown sugar and salt. Place it on the unlit portion of the grill. Cover and smoke until firm, brushing with half of the teriyaki sauce halfway through, about 20 minutes. (Reserve the rest of the sauce for serving.) Transfer the fish to a clean cutting board. When cool enough to handle, flake the fish.

5. Meanwhile, combine carrot, celery, apple and scallion in a medium bowl.

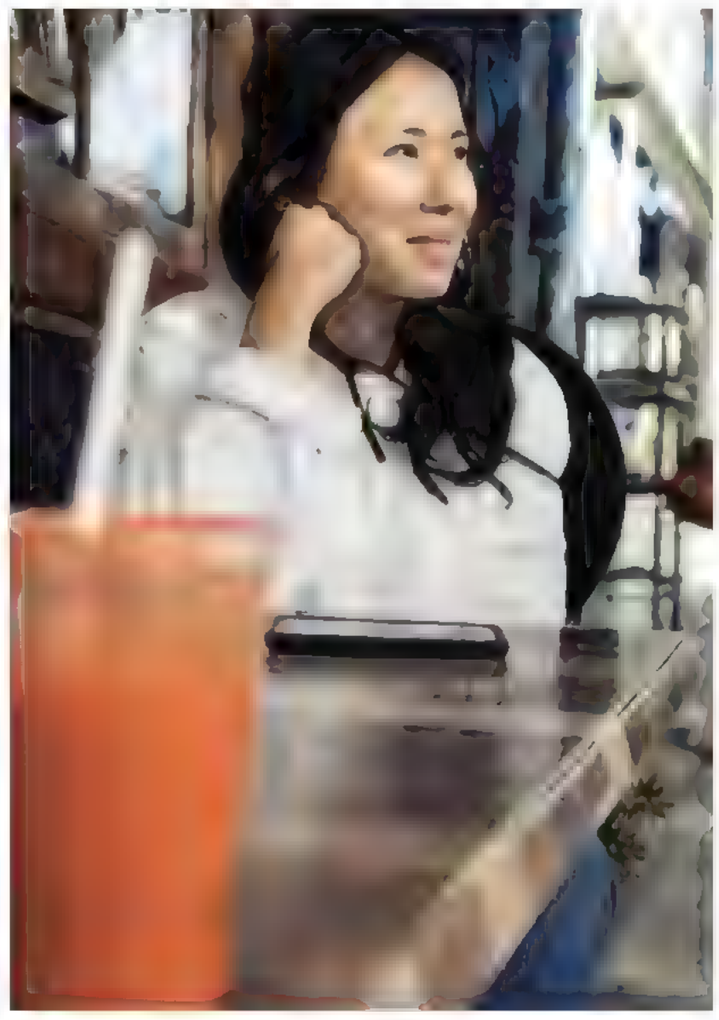
6. Oil the grill rack again and cook tortillas until slightly charred, flipping halfway, about 1 minute.

7. Serve the fish with the tortillas, chopped salad, lettuce, tomato, the aioli and the remaining teriyaki sauce.

SERVES 6: 2 tacos each

Cal 423 **Fat** 19g (sat 4g) **Chol** 44mg **Carbs** 45g **Total sugars** 14g (added 10g) **Protein** 19g **Fiber** 5g **Sodium** 754mg **Potassium** 431mg.

TIP: To make a wood chip packet, fold a 12-by-20-inch piece of heavy-duty foil in half to create a 12-by-10-inch double-thick piece. Drain the wood chips and transfer to the center of the foil. Create a packet by folding the short ends of the foil over the chips and folding the open ends to seal them.



After kayaking around Morro Bay, sustenance is required! Grab a Crab Louie Salad at Bayside Cafe or a freshly squeezed juice at Shine Cafe. Clark surfs a morning beach break with a view of Morro Rock in Cayucos *(opposite)*.

Morro Bay

Crab Louie Salad

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 4 days.

At the Bayside Cafe in Morro Bay, this classic West Coast salad is made with Dungeness crab caught in California's coastal waters. Lump crabmeat is a good substitute.

DRESSING

- **½ cup ketchup**
- **½ cup mayonnaise**
- **¼ cup minced yellow onion**
- **1 clove garlic, minced**
- **1 tablespoon dill pickle relish**
- **2 teaspoons dried dill**
- **1 teaspoon prepared horseradish**
- **1 teaspoon lemon juice**

SALAD

- **8 asparagus spears, trimmed**
- **1 medium head green-leaf lettuce, torn**
- **2 medium tomatoes, cut into wedges**
- **2 hard-boiled eggs, quartered**
- **2 stalks celery, sliced**
- **1 ripe avocado, sliced**
- **½ medium cucumber, sliced**
- **2 scallions, sliced**
- **½ cup sliced canned pitted black olives, rinsed**
- **¼ cup sliced red onion**
- **6 ounces cooked crabmeat**
- **Lemon wedges for serving**

1. To prepare dressing: Whisk ketchup, mayonnaise, yellow onion, garlic, relish, dill, horseradish and lemon juice in a medium bowl.

2. To prepare salad: Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Place a bowl of ice water near the stove. Add asparagus to the pot, cover and steam until tender-crisp, 3 to 5 minutes. Transfer to the ice bath. Drain and pat dry.

3. Place lettuce on a serving platter. Arrange the asparagus, tomatoes, eggs, celery, avocado, cucumber, scallions, olives and red onion on top. Top with crabmeat and dollop with half the dressing (reserve the remaining dressing for another use). Serve with lemon wedges, if desired.

SERVES 4: 2¾ cups salad & 2 Tbsp. dressing each **Cal** 325 **Fat** 23g (sat 4g) **Chol** 140mg **Carbs** 19g **Total sugars** 8g (added 3g) **Protein** 15g **Fiber** 7g **Sodium** 603mg **Potassium** 953mg.

Blue Corn Waffles Rancheros

ACTIVE: 1 hr **TOTAL:** 1 hr
TO MAKE AHEAD: Refrigerate aioli (Step 1) and tomatillo salsa (Step 2) for up to 4 days.
EQUIPMENT: Waffle iron
One of the specialties at Hidden Kitchen in Cayucos is the blue corn waffles. They're served up in nine savory and sweet ways. The owners wouldn't part with the recipe, but this homage to the rancheros-like "Cayucos Cowboy" is pretty tasty. (Photo: page 56.)

CHIPOTLE AIOLI
- 1 large egg yolk, pasteurized if desired
- ¼ cup chipotle peppers in adobo
- 1 teaspoon lemon juice
- 1 small clove garlic, coarsely chopped
- ¼ cup avocado oil
- ⅛ teaspoon salt

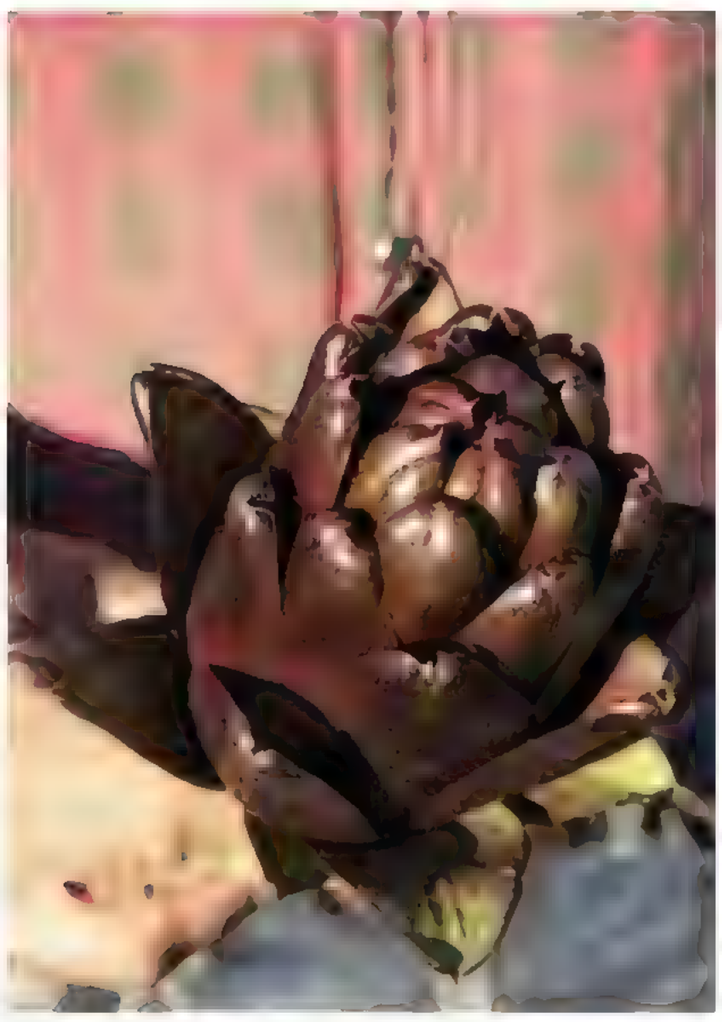
TOMATILLO SALSA
- 8 ounces tomatillos, husks removed
- ½ large onion, cut into thick slices
- ½ jalapeño pepper, seeded, if desired
- 1 clove garlic, peeled
- 1 tablespoon chopped fresh cilantro
- ⅛ teaspoon salt

WAFFLES & TOPPING
- 1¼ cups blue cornmeal
- ½ cup masa harina
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup low-fat milk
- 3 tablespoons butter, melted
- 1½ teaspoons maple syrup
- 5 large eggs, divided
- 1 tablespoon avocado oil
- 1 15-ounce can no-salt-added black beans, rinsed and warmed
- Sliced avocado, lime wedges & fresh cilantro for serving

1. To prepare aioli: Combine egg yolk, chipotles, lemon juice and chopped garlic in a food processor. Puree until smooth. With the motor running, drizzle in ¼ cup oil. Season with ⅛ teaspoon salt. Refrigerate until ready to use.
2. To prepare tomatillo salsa: Preheat broiler to high. Place tomatillos, onion, jalapeño and garlic in a single layer on a rimmed baking sheet. Broil, turning the vegetables occasionally, until blistered and soft, about 10 minutes. Let cool for 10 minutes. Transfer to a food processor along with cilantro and ⅛ teaspoon salt. Pulse to a slightly chunky consistency.
3. To prepare waffles: Place a baking sheet in the oven; preheat to 200°F. Whisk cornmeal, masa harina, baking powder and salt in large bowl. Whisk milk, butter, maple syrup and 1 egg in a medium bowl. Whisk the wet ingredients into the dry ingredients until smooth. Let the batter rest for 5 minutes to thicken.
4. Coat a waffle iron with cooking spray and preheat. Spoon in enough batter to cover ¾ of the surface (about ⅔ cup for an 8-by-8-inch waffle iron). Cook until the waffle is crisp and golden brown, 2 to 4 minutes. Transfer the waffle to the baking sheet in the oven. Repeat with the remaining batter.
5. Heat oil in a large nonstick skillet over medium heat. Crack in the remaining 4 eggs and cook to desired doneness, 1½ to 2 minutes for a runny yolk and 3½ to 4 minutes for a firmer yolk.
6. Top the waffles with the eggs, aioli, salsa and beans. Serve with avocado, lime wedges and cilantro, if desired.
SERVES 4: 1 waffle, 1 egg, ½ cup black beans, 2 Tbsp. aioli & ¼ cup salsa each
Cal 706 **Fat** 38g (sat 10g) **Chol** 305mg **Carbs** 69g **Total sugars** 8g (added 2g) **Protein** 23g **Fiber** 12g **Sodium** 676mg **Potassium** 612mg.

Pescadero

After saying hello to the goats at Harley Farms *(below)*, grab a round of their petal-adorned chèvre to enjoy later. Then have a bite at local landmark Duarte's Tavern. Tim Duarte *(right)* is the fourth generation to run the restaurant, turning produce from local farms and the garden behind the restaurant into delicious meals (they still grow varieties of rhubarb and pole beans that founder Frank Duarte brought from the Azores).



Cream of Artichoke Soup

ACTIVE: 1 hr **TOTAL:** 2 hrs 10 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

Perhaps the vegetable that defines the Central Coast most is the artichoke. Indeed, the town of Castroville is nicknamed the Artichoke Center of the World. Duarte's Tavern in Pescadero has been serving patrons since 1894. One of its specialties? This soup that's all about the thistle.

- **2 lemons, halved**
- **5 pounds fresh artichokes (6-8 large)**
- **6 cups no-chicken *or* low-sodium chicken broth, divided**
- **2 cloves garlic, coarsely chopped**
- **1 tablespoon butter**
- **¼ cup cornstarch**
- **¼ cup water**
- **½ cup heavy cream**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**

1. Squeeze the juice from 3 lemon halves into a large bowl of cold water and add the rinds; keep the remaining lemon half handy. Discard the outer leaves of an artichoke, snapping them off at the base until you reach the pale yellow leaves with darker green tops. Slice off the green tops to reveal the fuzzy choke in the center (if you don't see it on the first cut, cut a little lower until it is visible). With a melon baller or grapefruit spoon, remove the choke. Rub the top of the exposed heart with the lemon half. Using a paring knife, trim any woody or brown part of the stem and then peel the remaining stem. Trim around the base of the artichoke to remove any fibrous green portions. Rub with the lemon half and drop the artichoke heart into the lemon water. Repeat with the remaining artichokes (you should have 12 to 14 ounces of artichoke hearts).
2. Drain the artichoke hearts and transfer to a large pot. Add broth and bring to a boil. Reduce heat to maintain a lively simmer, cover and cook until the artichokes are tender, about 5 minutes.
3. Transfer the artichokes and 3 cups of the hot broth to a blender. Add garlic and blend until smooth (use caution when blending hot liquids). Return the mixture to the pot with the remaining hot broth. Add butter and return to a boil. Reduce heat to medium-low and simmer for 1 hour to concentrate the flavors.
4. Mix cornstarch and water in a small bowl; gradually whisk into the soup and cook, stirring, until the soup bubbles and thickens, about 1 minute. Stir in cream and season with salt and pepper; heat through.

SERVES 6: ¾ cup each

Cal 188 **Fat** 9g (sat 6g) **Chol** 28mg **Carbs** 24g **Total sugars** 3g (added 0g) **Protein** 6g **Fiber** 8g **Sodium** 483mg **Potassium** 585mg.

STYLING: ABBY STOLFO (FOOD), ALMA ESPINOLA (PROPS); ARTICHOKES COURTESY OCEAN MIST FARMS

Sip the Central Coast

Lots of young, innovative, earth-friendly vintners are making a delicious go of it on the Central Coast.

Margins Skin-Fermented Chenin Blanc 2020 ($26)
Book a tasting with Santa Cruz's Megan Bell to experience the honeyed, Meyer lemon panache of this refreshing white.

Lepe Cellars Zinfandel 2019 ($30)
Mexican American winemaker Miguel Lepe has a new tasting room in Carmel, where you can find this cherry-rich yet mineral-driven red.

Lady of the Sunshine Coquelicot Vineyards Sauvignon Blanc 2020 ($28)
Hit the San Luis Obispo tasting room to score this racy, briny, lime-zesty white. "I call it my margarita wine," says producer Gina Giugni *(above)*.

Scar of the Sea Vino de Los Ranchos Pinot Noir 2019 ($28)
Gina also makes wine with her husband, Mikey, under this label. The pinot bursts with red currants, mushrooms and smoke.

Stirm Wirz Vineyard Old Vine Riesling 2018 ($28)
Made from grapes grown on dry-farmed bush vines, this white has a heady tropical nose, weighty body and snappy acidity.

Kitá Wines Šuqštay 2016 ($75)
Lompoc's Tara Gomez makes this unusual sparkling roussanne, a nutty, creamy wine with a finish reflecting its name, which means "it's bright" in the language of her tribe of Chumash Indians.

Dad's Mushroom Sandwich

ACTIVE: 55 min **TOTAL:** 5 hrs

TO MAKE AHEAD: Refrigerate pickled onion (Step 1) for up to 1 week.

Using ghee to cook the components of this sandwich imparts a nutty flavor you wouldn't get by using butter. (Photo: page 54.)

PICKLED ONION

- **1½ tablespoons crushed red pepper**
- **1 tablespoon whole black peppercorns**
- **1 clove garlic, smashed and peeled**
- **1 bay leaf**
- **1 cup white balsamic vinegar**
- **1 cup granulated sugar**
- **1 medium red onion, thinly sliced**

SANDWICH

- **3 tablespoons mayonnaise**
- **1 tablespoon spicy brown mustard**
- **1 teaspoon vegetarian Worcestershire sauce**
- **5 tablespoons ghee, divided**
- **8 slices whole-wheat bread**
- **14 ounces maitake mushrooms**
- **¼ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **4 slices sharp Cheddar cheese**
- **4 large eggs**
- **8 lettuce leaves, preferably red oak**

1. To prepare pickled onion: Toast crushed red pepper, peppercorns, garlic and bay leaf in a medium saucepan over medium-low heat until fragrant, 1 to 3 minutes. Add vinegar; bring to a boil over medium-high heat. Add sugar and stir until dissolved. Place onion in a medium non-reactive bowl and pour the hot liquid over it. Let cool to room temperature, about 1 hour. Cover and refrigerate for 4 hours and up to 1 week.

2. To prepare sandwich: Combine mayonnaise, mustard and Worcestershire in a small bowl.

3. Heat 1 tablespoon ghee in a large nonstick skillet over medium-high heat. Add 2 to 3 bread slices and cook until browned on one side only, 1 to 2 minutes, adjusting heat as necessary. Transfer to a plate. Repeat 2 more times with 2 tablespoons ghee and the remaining bread.

4. Add mushrooms, pepper, salt and 1 tablespoon ghee to the pan. Cook, without stirring, until browned and crisp, 2 to 3 minutes. Flip the mushrooms and press with a spatula to flatten. Top with cheese and cook until it is melted, about 3 minutes more. Transfer to a plate.

5. Add the remaining 1 tablespoon ghee to the pan over medium heat. Crack eggs into the pan, cover and cook to desired doneness, 2 to 4 minutes.

6. Spread the sauce on the untoasted sides of the bread. Layer the pickled onion, mushrooms, eggs and lettuce between the bread slices.

SERVES 4: 1 sandwich each

Cal 623 **Fat** 38g (sat 17g) **Chol** 252mg **Carbs** 51g **Total sugars** 21g (added 13g) **Protein** 21g **Fiber** 7g **Sodium** 674mg **Potassium** 536mg.

Earl Grey Icebox Pie

ACTIVE: 25 min **TOTAL:** 4 hrs 25 min

TO MAKE AHEAD: Freeze for up to 4 days.

EQUIPMENT: 9-inch pie pan

This elegant icebox pie is in the rotation of popular desserts at Dad's Luncheonette in Half Moon Bay. If you don't have loose tea, use the contents of 15 tea bags. Clark keeps the tea leaves in the custard, which gives the filling a bit of texture—you can strain it if you prefer. Finish with a dollop of whipped cream.

- **1 cup graham cracker crumbs**
- **¼ cup granulated sugar plus ⅔ cup, divided**
- **⅓ cup unsalted butter, melted**
- **1⅔ cups low-fat milk**
- **½ cup heavy cream**
- **⅓ cup loose Earl Grey tea leaves**
- **3 tablespoons cornstarch**
- **3 large eggs**
- **Pinch of salt**
- **3 ounces white chocolate, coarsely chopped**

1. Mix graham cracker crumbs and ¼ cup sugar in a large bowl. Add melted butter and stir until evenly coated. Press the mixture evenly into a 9-inch pie pan. Refrigerate.

2. Combine milk, cream and tea leaves in a medium saucepan. Bring to a boil over medium-high heat. Remove from heat, cover and let steep for 10 minutes. (If desired, strain to remove the leaves and return the milk mixture to the pan.)

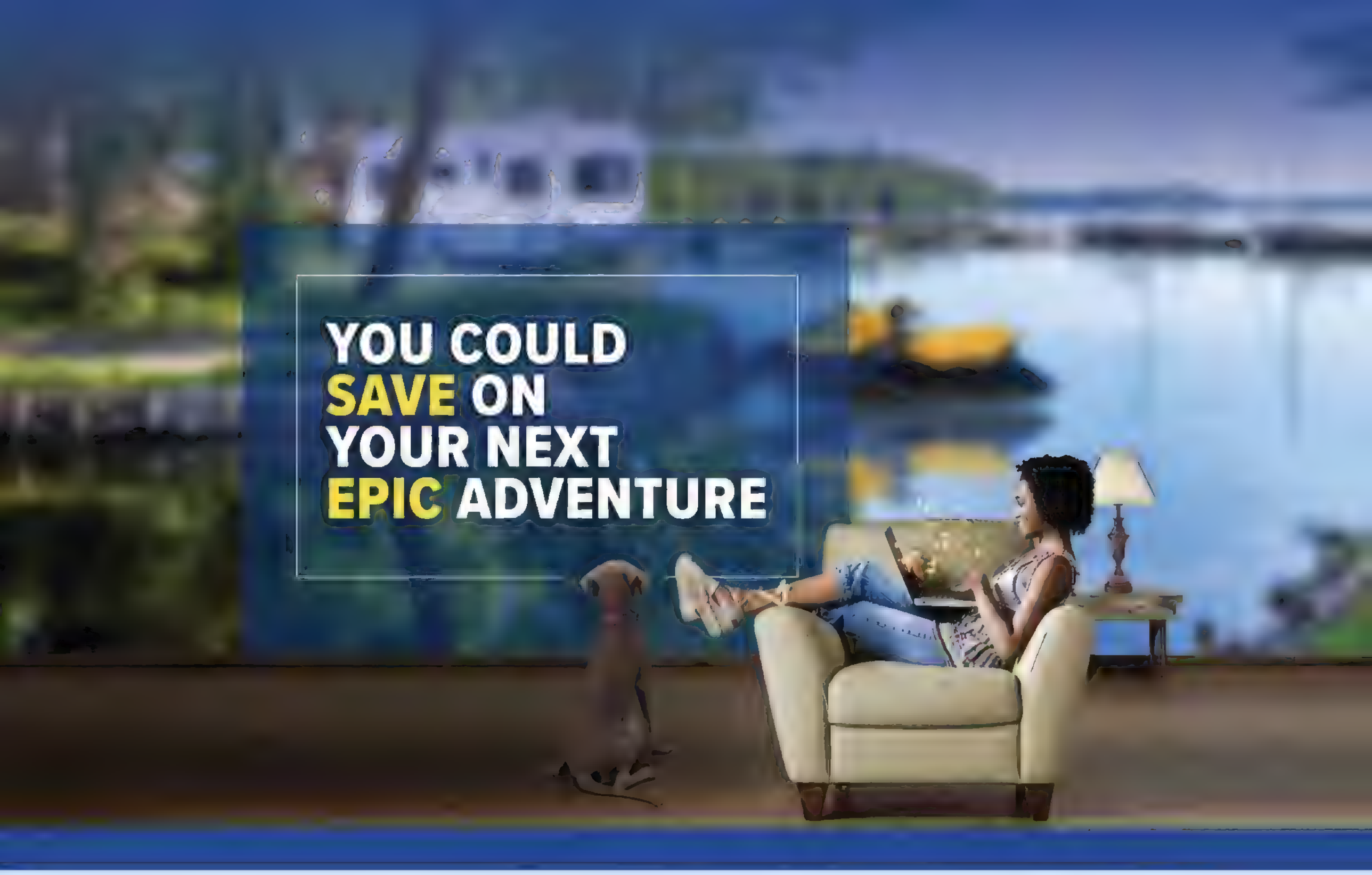
3. Mix cornstarch and the remaining ⅔ cup sugar in a large bowl. Whisk eggs and salt in a medium bowl. Whisk the eggs into the cornstarch mixture. While whisking, add one-third of the hot milk. Scrape the egg mixture back into the pan with the remaining hot milk.

4. Cook over medium heat, whisking constantly, until the custard is steaming and thick enough to coat the back of a spoon. Remove from heat. Add white chocolate and whisk until smooth. Pour into the prepared pie crust. Cover and freeze until set, about 3 hours.

5. Let the pie stand at room temperature for about 5 minutes before cutting.

SERVES 10: 1 slice each

Cal 303 **Fat** 16g (sat 9g) **Chol** 89mg **Carbs** 36g **Total sugars** 28g (added 18g) **Protein** 5g **Fiber** 0g **Sodium** 112mg **Potassium** 137mg.



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Break Out the PICNIC BASKET 4

Good times await in the great outdoors. Just pack up a cooler with these totable recipes and lounge around with some pals and a cocktail or two.

Whether you're already a Person Who Picnics or are new to the club (pandemic times, you know), there's just something about dining al fresco that makes a meal taste better. The key to a good spread is bringing along fare that is prepared with portability in mind, tastes great at room temperature and has a delicious beverage to sip alongside. This menu ticks all of those boxes! Transform a ginger-thyme lemonade concentrate into a sparkling or still drink (booze optional) and pour into insulated mugs to keep the tipples cool. Serve up salads—which are key for any picnic. A grain salad is always a winner because the longer it sits, the more the grains absorb the tangy dressing, and a shaved-vegetable salad brings welcome crunch to the party. Round out the meal by celebrating summer produce with an eggy bake packed with zucchini and a no-knead focaccia topped with peaches and prosciutto. Just add good friends and you're ready for a night under the stars.

Recipes by Alanna Lipson • Photography by Eva Kolenko

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No-Knead Focaccia with Peaches & Prosciutto

ACTIVE: 20 min **TOTAL:** 13 hrs 20 min (including 12 hrs rising time)

You could top this focaccia however you like, but the sweet-salty-tangy trio of summer peaches, cured ham and goat cheese is a winning combo.

- **1½ cups ice water**
- **2 teaspoons honey**
- **1 teaspoon salt**
- **½ teaspoon instant yeast**
- **2 cups bread flour, plus more as needed**
- **1 cup white whole-wheat flour**
- **2 tablespoons extra-virgin olive oil, divided**
- **4 slices prosciutto, cut into ribbons**
- **1 large peach, thinly sliced**
- **¼ cup crumbled goat cheese**
- **Fresh rosemary for garnish**

1. Whisk water, honey, salt and yeast in a large bowl. Stir in bread flour and whole-wheat flour, scraping down the sides and mixing until the dough is combined. It should be slightly sticky but come together in a uniform ball. (If the dough is too sticky to form a ball, add 1 to 2 tablespoons bread flour.) Lightly grease a large bowl, place the dough in it and turn to coat. Cover with plastic wrap.
2. Let the dough rise at room temperature until doubled in size, 12 to 18 hours.
3. Spread 1 tablespoon oil on the bottom and up the sides of a 9-by-13-inch baking pan. Transfer the dough to the pan and, with oiled hands, gently stretch until it fills the pan and is evenly thick. (If the dough springs back or is resistant, let it rest for 10 minutes, then proceed.) Brush the dough with the remaining 1 tablespoon oil. Using your fingertips, make deep indentations all over the top.
4. Scatter prosciutto, peach slices and goat cheese evenly over the dough. Cover loosely with plastic wrap and let rise at room temperature until the dough is puffed, about 45 minutes.
5. Position racks in upper and lower thirds of oven; preheat to 475°F.
6. Bake the focaccia on the lower rack until the bottom is golden, 15 minutes. Transfer to the top rack and bake until golden-brown and the bottom sounds hollow when tapped, 5 minutes more. Let cool in the pan on a wire rack for 10 minutes before slicing. Serve warm or at room temperature, garnished with rosemary, if desired.

SERVES 12: 1 slice each
Cal 163 **Fat** 4g (sat 1g) **Chol** 5mg **Carbs** 26g **Total sugars** 2g (added 1g) **Protein** 6g **Fiber** 2g **Sodium** 331mg **Potassium** 67mg.

Shaved Radish, Celery & Cucumber Salad

ACTIVE: 20 min **TOTAL:** 20 min

It's worth using that special bottle of olive oil and seeking out Parmigiano-Reggiano, which is bolder than basic Parm, for this simple salad. Use a mandoline to shave the veggies if you have one.

- **1 English cucumber, very thinly sliced**
- **3 medium stalks celery, very thinly sliced, plus celery leaves for garnish**
- **4 medium radishes, very thinly sliced**
- **3 tablespoons extra-virgin olive oil**
- **1 teaspoon grated lemon zest**
- **2 tablespoons lemon juice**
- **¼ cup freshly grated Parmesan cheese**
- **½ teaspoon flaky sea salt, such as Maldon**
- **¼ teaspoon ground pepper**

1. Combine cucumber, celery and radishes in a large bowl. Whisk oil and lemon juice in a small bowl or combine in a half-pint mason jar.
2. Just before serving, drizzle the dressing over the salad. Serve sprinkled with lemon zest, cheese, salt and pepper. Garnish with celery leaves, if desired.

SERVES 6: about ¾ cup
Cal 87 **Fat** 8g (sat 2g) **Chol** 3mg **Carbs** 3g **Total sugars** 1g (added 0g) **Protein** 2g **Fiber** 1g **Sodium** 271mg **Potassium** 143mg.

Bulgur & Butter Bean Salad with Pomegranate Molasses Vinaigrette

ACTIVE: 20 min **TOTAL:** 1 hr 20 min

TO MAKE AHEAD: Refrigerate for up to 1 day.

Pleasantly sweet-and-sour pomegranate molasses is made by reducing pomegranate juice into a syrup. Look for it at well-stocked grocery stores and Middle Eastern markets.

- 1¾ cups water
- 1 cup bulgur
- ¾ teaspoon salt, divided
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- 2 tablespoons pomegranate molasses *or* balsamic glaze
- ¼ teaspoon ground pepper
- 1 medium shallot, thinly sliced
- 3 medium tomatoes, cut into ½-inch wedges
- 1 15-ounce can no-salt-added butter beans, rinsed
- ½ medium English cucumber, halved and diced
- 1 cup chopped fresh parsley, divided
- ½ cup chopped fresh mint, divided

1. Bring water to a boil in a medium saucepan over high heat. Stir in bulgur and ½ teaspoon salt. Cover, reduce heat to maintain a simmer and cook until the liquid is absorbed, 12 to 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and let cool for 5 minutes.
2. Meanwhile, whisk lemon juice, oil, pomegranate molasses (or balsamic glaze), pepper and the remaining ¼ teaspoon salt in a large bowl. Stir in shallot. Add the bulgur, tomatoes, beans, cucumber, ¾ cup parsley and ¼ cup mint and stir to combine. Let stand at room temperature for 1 hour or refrigerate for up to 1 day.
3. Serve at room temperature topped with the remaining ¼ cup each mint and parsley.

SERVES 8: about ¾ cup each

Cal 196 **Fat** 7g (sat 1g) **Chol** 0mg **Carbs** 30g **Total sugars** 2g (added 2g) **Protein** 5g **Fiber** 5g **Sodium** 327mg **Potassium** 439mg.

Zucchini, Spinach & Gouda Bake

ACTIVE: 35 min **TOTAL:** 1 hr 55 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

EQUIPMENT: 9-inch cake pan

The addition of flour and baking soda gives more leavening power to the eggs, making this dish a bit more tender and fluffy than a quiche.

- 2 tablespoons extra-virgin olive oil
- 1 medium zucchini, sliced into ⅛-inch rounds
- 2 medium shallots, sliced ¼ inch thick
- 1 large clove garlic, finely chopped
- 1 5-ounce package baby spinach
- 6 large eggs
- ¼ cup low-fat milk
- ⅓ cup white whole-wheat flour
- ⅓ cup all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1½ cups shredded Gouda cheese
- ¼ cup chopped fresh tarragon

1. Preheat oven to 375°F. Coat a 9-inch cake pan with cooking spray.
2. Heat oil in a large skillet over medium-high heat. Add zucchini and cook, stirring frequently, until soft, 4 to 6 minutes. Add shallots and garlic; cook, stirring frequently, until fragrant, about 30 seconds. Remove from heat. Stir in half the spinach; cover and let stand until wilted, 1 to 2 minutes. Stir in the remaining spinach; cover and let stand until wilted, about 5 minutes more. Uncover and allow the mixture to cool for 10 minutes.
3. Meanwhile, whisk eggs and milk in a large bowl until smooth. Add whole-wheat flour, all-purpose flour, baking powder, salt and pepper; whisk until no lumps remain. Stir in Gouda and tarragon. Scrape the mixture into the prepared pan and top with the vegetables, pressing them into the batter.
4. Bake until puffed and the edges are beginning to set, about 15 minutes. Turn the broiler to high and broil until the top is golden brown, 2 to 3 minutes. Transfer to a wire rack and let cool for 1 hour. Serve at room temperature.

SERVES 8: 1 slice each

Cal 210 **Fat** 13g (sat 5g) **Chol** 164mg **Carbs** 11g **Total sugars** 1g (added 0g) **Protein** 12g **Fiber** 1g **Sodium** 391mg **Potassium** 140mg.

Ginger-Thyme Sparkling Lemonade

ACTIVE: 20 min **TOTAL:** 2 hrs 40 min

TO MAKE AHEAD: Prepare through Step 2 and refrigerate for up to 5 days.

Leave the jug at home—this homemade lemonade concentrate is easier to tote, plus gives you the option to make drinks to order at your picnic. Bring sparkling and still water along with gin and vodka for a bar in your basket.

- 2 cups water
- ⅔ cup honey
- 12 sprigs fresh thyme, plus more for garnish
- 3 tablespoons finely chopped fresh ginger
- 2 tablespoons lemon zest
- ¾ cup lemon juice
- 2 liters cold plain sparkling *or* still water
- 12 ounces gin *or* vodka (optional)

1. Combine water, honey, thyme and ginger in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer and cook for 5 minutes. Remove from heat; stir in lemon zest and lemon juice. Let steep for 20 minutes.
2. Strain the mixture through a fine-mesh sieve into a medium bowl. (Discard the solids.) Refrigerate until cold, about 2 hours or up to 5 days.
3. To make each drink, combine ¼ cup of the lemon mixture with ½ cup sparkling (or still) water and 1 ounce gin (or vodka), if desired. Garnish with a thyme sprig, if desired.

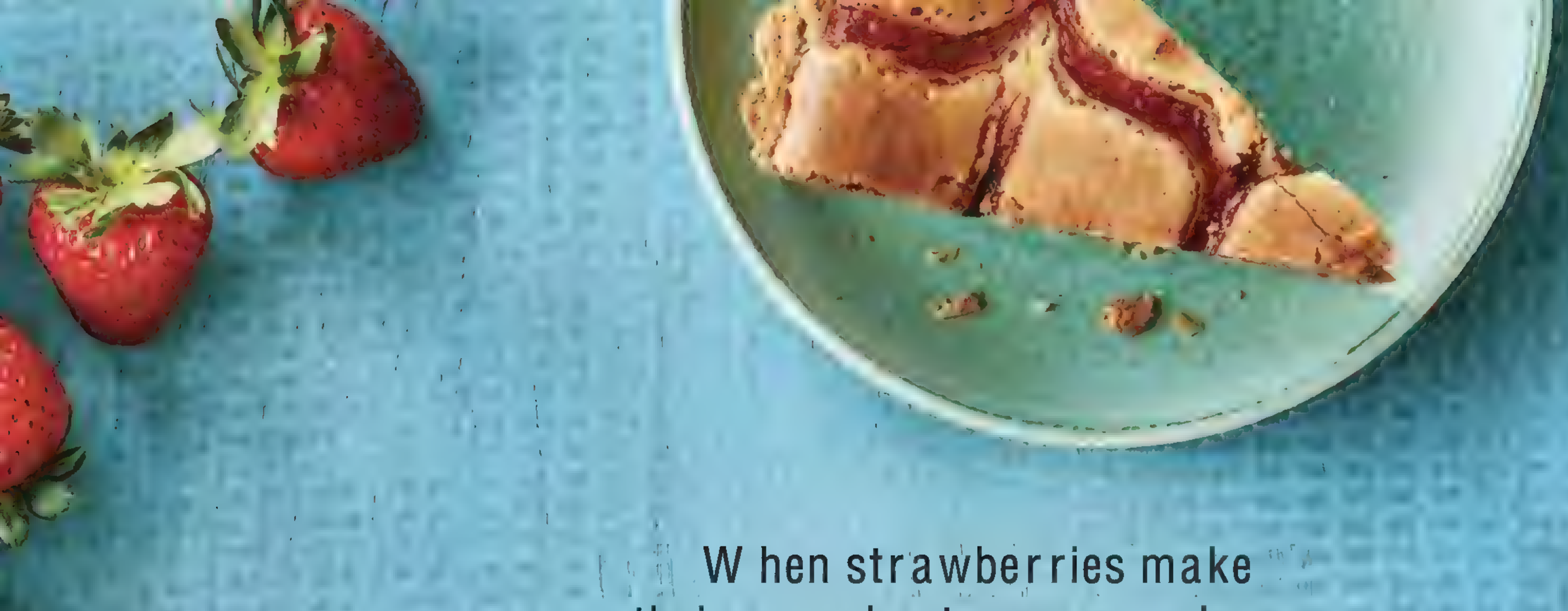
SERVES 12: about ¾ cup each

Cal 62 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 17g **Total sugars** 16g (added 15g) **Protein** 0g **Fiber** 0g **Sodium** 2mg **Potassium** 35mg.

ALANNA LIPSON *is a Toronto-based food stylist and recipe developer.*

STYLING: MARIAN COOPER CAIRNS (FOOD), NATASHA KOLENKO (PROPS)

Strawberry–Rhubarb Frangipane Tart, page 72



When strawberries make their grand entrance, you know that summer is officially here. Celebrate their fleeting season with this gorgeous tart, cocktails, cakes and more.

Sweet Tart

By Judy Kim

Photography by Leigh Beisch

Cherry Tomato & Strawberry Bruschetta

ACTIVE: 10 min **TOTAL:** 25 min

These topped toasts get a sweet-salty punch from the addition of strawberries and ricotta salata—a firm, saltier version of ricotta cheese. Look for it with other specialty cheeses at the supermarket, or substitute Parmigiano-Reggiano or pecorino.

- **2 cups chopped strawberries**
- **1½ cups halved cherry tomatoes**
- **1 small clove garlic, grated**
- **¼ teaspoon kosher salt**
- **¼ cup thinly sliced fresh basil**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon freshly cracked pepper**
- **4 ½-inch-thick slices whole-wheat sourdough bread, toasted**
- **¾ ounce ricotta salata cheese, crumbled**

1. Combine strawberries, tomatoes, garlic and salt in a medium bowl. Set aside to macerate for 15 to 20 minutes.
2. Mix basil, 2 tablespoons oil and pepper into the strawberry mixture.
3. Brush toasts with the remaining 1 tablespoon oil. Cut them in half. Divide the strawberry mixture among the toasts and sprinkle with ricotta salata.

SERVES 8: ½ toast each
Cal 163 **Fat** 7g (sat 2g) **Chol** 3mg **Carbs** 21g **Total sugars** 3g (added 0g) **Protein** 5g **Fiber** 2g **Sodium** 317mg **Potassium** 155mg.

Strawberry-Rhubarb Frangipane Tart

ACTIVE: 1 hr **TOTAL:** 4¼ hrs (including cooling time)

TO MAKE AHEAD: Freeze tart shell (Steps 1-3) for up to 1 week. Refrigerate filling (Step 4) and frangipane (Step 5) for up to 3 days.

EQUIPMENT: 9-inch removable-bottom tart pan

Here we swirl jammy fruit through the almond-based pastry cream, frangipane, in a pretty herringbone pattern. The earthy flavor of spelt flour is a nice complement to the filling. Look for it with other flours at well-stocked supermarkets. (Photo: page 70.)

CRUST

- **1 cup spelt flour *or* whole-wheat flour**
- **¾ cup all-purpose flour**
- **½ teaspoon salt**
- **8 tablespoons (1 stick) cold unsalted butter, cut into ½-inch pieces**
- **1 large egg, lightly beaten**
- **2-4 tablespoons ice water**

STRAWBERRY-RHUBARB FILLING

- **2 cups sliced strawberries**
- **1 cup chopped rhubarb, thawed and drained if frozen**
- **¼ cup granulated sugar**
- **1 teaspoon grated lemon zest**
- **1 tablespoon lemon juice**
- **1 teaspoon water**
- **½ teaspoon cornstarch**

FRANGIPANE

- **1 cup slivered almonds**
- **⅔ cup granulated sugar**
- **1 tablespoon all-purpose flour**
- **¼ teaspoon salt**
- **4 tablespoons (½ stick) unsalted butter, at room temperature**
- **1 large egg, at room temperature**
- **1 teaspoon almond extract**

1. To prepare crust: Whisk spelt (or whole-wheat) flour, ¾ cup all-purpose flour and ½ teaspoon salt in a large bowl. Add 8 tablespoons butter and use a pastry blender or 2 forks to incorporate it into the flour mixture until lumps the size of large peas form. Add egg and 2 tablespoons ice water and stir with a fork until the dough starts to come together. Add 1 to 2 tablespoons more water, if necessary. Transfer to a lightly floured surface and knead about 3 times to form a loose ball. Place on a piece of plastic wrap and shape into a 4-inch disk. Refrigerate the dough for at least 30 minutes or up to 1 day.
2. If the dough has chilled for more than 30 minutes, let it stand at room temperature for 5 minutes. Roll out on a lightly floured surface into an 11-inch circle, about ¼ inch thick. Transfer the dough to a 9-inch tart pan with a removable bottom. Gently push out to the sides and press firmly against the fluted edges. Trim any excess dough and use it to patch any thin spots. Prick the bottom all over with a fork. Cover and freeze the tart shell for at least 30 minutes or up to 1 week.
3. Preheat oven to 375°F. Place the frozen tart shell on a rimmed baking sheet. Bake until light golden in the center and the edges are starting to brown, 25 to 30 minutes. Let cool on a wire rack for 30 minutes.
4. Meanwhile, prepare filling: Combine strawberries, rhubarb, ¼ cup sugar, lemon zest and lemon juice in a medium saucepan. Bring to a simmer over medium-high heat. Cook, stirring frequently, until the fruit begins to break down, 3 to 5 minutes. Reduce heat to maintain a low simmer and cook, stirring occasionally, until the mixture is reduced by half, 10 to 15 minutes more. Combine water and cornstarch in a small bowl. Increase heat to medium-high and add the cornstarch mixture, whisking constantly. Cook, whisking, until the mixture comes to a boil and thickens, 2 to 4 minutes. Transfer to a bowl and let cool completely, about 1 hour.
5. To prepare frangipane: Combine almonds, sugar, flour and salt in a food processor. Process until the almonds are almost a powder with a bit of texture left. Add butter and pulse 3 or 4 times. Add egg and almond extract; process until well combined.
6. To assemble tart: Preheat oven to 350°F. Spread ½ cup of the strawberry-rhubarb filling in an even layer in the cooled tart shell. Spread the frangipane over it. Divide the remaining filling into 4 parallel and equidistant lines over the frangipane from edge to edge. Run the tip of a chopstick or knife through the filling perpendicular to the fruit lines from one edge of the pan to the other, then make another line 1 inch over, going in the opposite direction. Repeat to make a herringbone pattern across the whole surface.
7. Place the tart on a rimmed baking sheet. Bake until the frangipane is golden brown and the filling is jammy, 40 to 45 minutes. Transfer to a wire rack to cool completely, about 1 hour. Remove the pan sides. Serve at room temperature.

SERVES 12: 1 slice each
Cal 298 **Fat** 17g (sat 8g) **Chol** 61mg **Carbs** 32g **Total sugars** 17g (added 15g) **Protein** 5g **Fiber** 3g **Sodium** 160mg **Potassium** 184mg.

Scan with your phone's camera to learn the best way to store fresh berries.

Steak & Strawberry Spinach Salad

ACTIVE: 35 min **TOTAL:** 35 min

With all due respect to the strawberries, croutons can really make a salad, especially these croutons. Instead of tossing them with oil and baking them, we start the bread and oil in a cold saucepan for the crunchiest results.

- **1 pound boneless strip steak *or* rib-eye, trimmed**
- **¾ teaspoon kosher salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons extra-virgin olive oil plus ½ cup, divided**
- **2 tablespoons white-wine vinegar**
- **½ teaspoon grated orange zest**
- **2 tablespoons orange juice**
- **1 small shallot, halved and thinly sliced lengthwise**
- **1 small clove garlic, grated**
- **½ teaspoon honey**
- **2 slices whole-wheat country bread, preferably day-old, torn into bite-size pieces**
- **1 5-ounce package baby spinach**
- **2 cups thinly sliced strawberries**

1. Preheat grill to medium-high. Pat steak dry with a paper towel; season both sides with ½ teaspoon salt and ¼ teaspoon pepper. Set aside.

2. Combine 2 tablespoons oil, vinegar, orange zest, orange juice, shallot, garlic, honey, ⅛ teaspoon salt and the remaining ¼ teaspoon pepper in a large bowl. Set aside.

3. Combine the remaining ½ cup oil and bread in a small saucepan. Cook over medium-high heat, stirring occasionally, until the edges of the bread are golden brown, 10 to 13 minutes. Use tongs to transfer the croutons to a paper-towel-lined plate as they are done, sprinkling immediately with some of the remaining ⅛ teaspoon salt.

4. Meanwhile, oil the grill rack. Add the steak and cook, flipping once, until an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare, 6 to 8 minutes total. Transfer to a clean cutting board and let rest for 5 minutes.

5. Add spinach, strawberries and the croutons to the reserved dressing; toss to coat. Slice the steak and serve with the salad.

SERVES 4: 3 oz. steak & 1½ cups salad each
Cal 458 **Fat** 28g (sat 6g) **Chol** 62mg **Carbs** 24g **Total sugars** 8g (added 1g) **Protein** 27g **Fiber** 5g **Sodium** 604mg **Potassium** 442mg.

Strawberries & Cream Pops

ACTIVE: 30 min **TOTAL:** 6¾ hrs

TO MAKE AHEAD: Freeze for up to 1 week.

EQUIPMENT: Six 3-oz. freezer-pop molds

A glossy compote made from strawberries swirled with softened frozen yogurt gives these pops Creamsicle vibes.

- **1 pound strawberries, hulled and quartered**
- **2 teaspoons lemon juice**
- **2 teaspoons granulated sugar**
- **1¼ cups vanilla frozen yogurt**

1. Combine strawberries, lemon juice and sugar in a medium saucepan. Cook over medium heat, stirring, until the sugar is dissolved and the fruit has broken down, 8 to 10 minutes. Transfer the mixture to a bowl and refrigerate, uncovered, until completely cooled, about 30 minutes.

2. Let frozen yogurt soften for a few minutes at room temperature. Stir with a sturdy flexible spatula until pliable. (If it gets too soft, return to the freezer for a few minutes to firm up slightly.)

3. Alternate layers of 1 tablespoon each of the frozen yogurt and compote into each of six 3-ounce freezer-pop molds until they're almost full. Using a skewer or chopstick, gently stir to create a swirled pattern. Insert sticks. Freeze until solid, at least 6 hours or up to 1 week.

SERVES 6: 1 pop each

Cal 75 **Fat** 2g (sat 1g) **Chol** 5mg **Carbs** 14g **Total sugars** 10g (added 7g) **Protein** 1g **Fiber** 1g **Sodium** 16mg **Potassium** 111mg.

Berry Good for You

~

Deliciousness isn't the only thing that strawberries have going for them. They're packed with vitamin C—1 cup contains more than an orange—as well as compounds called flavonoids that promote brain health and protect against cognitive decline. In a new small clinical trial conducted at the USDA Human Nutrition Research Center on Aging at Tufts University, subjects ages 60 to 75 who ate the equivalent of 2 cups of strawberries every day for 3 months showed significant improvement on cognition tests—including word recognition—compared to a control group of non-berry eaters. The researchers credit the benefit to flavonoids' anti-inflammatory effects in the brain and note that the fruit "may aid in preserving some aspects of hippocampal cognitive function during normal aging."

Strawberry Shortcakes

ACTIVE: 45 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Freeze unbaked shortcakes (Steps 1-3) airtight for up to 3 months. Bake from frozen for about 20 minutes.
EQUIPMENT: Parchment paper
These shortcakes' flaky layers are created by repeatedly rolling, cutting and stacking pieces of the dough. It takes a few extra minutes, but trust us—the results are worth it.

SHORTCAKES

- **1 cup whole-wheat pastry flour**
- **1 cup all-purpose flour**
- **½ cup rye flour**
- **2 tablespoons granulated sugar**
- **1 tablespoon baking powder**
- **1 teaspoon baking soda**
- **Pinch of salt**
- **8 tablespoons (1 stick) cold unsalted butter, cut into ½-inch cubes**
- **¾ cup buttermilk plus 2 teaspoons, divided**
- **1½ teaspoons turbinado sugar**

FILLING

- **12 ounces strawberries, trimmed and halved or quartered, if large**
- **3 tablespoons granulated sugar, divided**
- **1 teaspoon vanilla extract**
- **1 teaspoon lemon juice**
- **1 cup heavy cream**

1. To prepare shortcakes: Whisk whole-wheat flour, all-purpose flour, rye flour, 2 tablespoons granulated sugar, baking powder, baking soda and salt in a large bowl. Add butter and use a pastry blender, 2 knives or your fingertips to incorporate it until pea-size lumps form. Make a well in the mixture and add ¾ cup buttermilk. Stir until the dough comes together.
2. Turn the dough out onto a lightly floured work surface. Knead with the heel of your hand until it comes together in a ball. Wrap the dough loosely in plastic wrap and flatten into a large rectangle about 1 inch thick. Refrigerate for 10 minutes.
3. Place the dough on a lightly floured surface. Using a bench scraper or knife, cut it in half and stack the pieces on top of each other. Roll into a rectangle about 1 inch thick. Cut the dough in half again and repeat the process 2 times more. Roll the final piece of dough into an 8-inch square about ¾ inch thick. Cut into 9 square shortcakes. Transfer to a baking sheet and freeze for 10 minutes.
4. Meanwhile, preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.
5. Place the cold shortcakes about 1 inch apart on the prepared baking sheet. Brush the tops with the remaining 2 teaspoons buttermilk and sprinkle with turbinado sugar.
6. Bake until the shortcakes are golden brown, 14 to 18 minutes. Transfer to a wire rack to cool completely, about 30 minutes.
7. To prepare filling: Combine strawberries, 2½ tablespoons sugar, vanilla and lemon juice in a medium bowl. Let stand until the juices are released, about 15 minutes.
8. Beat cream in the bowl of a stand mixer fitted with the whisk attachment or with a hand mixer on medium speed until frothy, about 1 minute. Add the remaining ½ tablespoon sugar and beat on medium-high until soft peaks form, 2 to 3 minutes more, scraping down the sides as needed. Split the shortcakes and serve with the strawberries and whipped cream.
SERVES 9: 1 shortcake each
Cal 354 **Fat** 21g (sat 13g) **Chol** 58mg **Carbs** 38g **Total sugars** 12g (added 8g) **Protein** 5g **Fiber** 3g **Sodium** 369mg **Potassium** 157mg.

Strawberry Cornmeal Layer Cake

ACTIVE: 45 min **TOTAL:** 9½ hrs (including cooling & chilling time)
TO MAKE AHEAD: Prepare through Step 7 and refrigerate cake, well wrapped, for up to 4 days.
EQUIPMENT: 9-inch round cake pan, parchment paper

We love everything about this gorgeous dessert—from the orange-scented cornmeal cake to the tangy whipped cream and loads of summer berries. But the best part? It truly gets better with time, as the strawberry juices soak ever more deeply into the cake.

CAKE

- **½ cup whole-wheat pastry flour**
- **½ cup all-purpose flour**
- **½ cup yellow cornmeal**
- **½ teaspoon baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **2 large eggs, at room temperature**
- **¾ cup granulated sugar**
- **1 cup low-fat plain yogurt, at room temperature**
- **2 teaspoons grated orange zest**
- **2 tablespoons orange juice**
- **1 teaspoon vanilla extract**
- **⅓ cup extra-virgin olive oil**

FILLING & TOPPING

- **1 cup heavy cream**
- **3½ tablespoons granulated sugar, divided**
- **¼ cup low-fat plain yogurt**
- **2 pounds strawberries, quartered**

1. To prepare cake: Preheat oven to 350°F. Coat a 9-inch cake pan with cooking spray. Line the bottom with parchment paper and coat with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, cornmeal, baking powder, baking soda and salt in a medium bowl.
3. Beat eggs and ¾ cup sugar in the bowl of a stand mixer fitted with a paddle attachment on low speed until incorporated. Add 1 cup yogurt, orange zest, orange juice and vanilla; beat until combined. Beating on medium-low, slowly add oil, scraping down the sides as necessary. Add the dry ingredients in 2 additions, beating on low just until incorporated. Pour the batter into the prepared pan and tap it lightly on the counter to remove air bubbles.
4. Bake the cake until golden brown and the edges begin to pull away from the sides, 35 to 40 minutes. Let cool in the pan on a wire rack for 10 minutes. Invert the cake onto the rack and let cool completely, about 2 hours.
5. To prepare filling & topping: Beat cream in the bowl of a stand mixer fitted with the whisk attachment on medium speed until frothy, about 1 minute. Add 1½ tablespoons sugar and beat on medium-high until soft peaks form, 1½ to 2 minutes. Fold in yogurt.
6. Combine strawberries and the remaining 2 tablespoons sugar in a medium bowl. Transfer half to another bowl, cover and refrigerate until ready to serve.
7. Using a bread knife, cut the cooled cake in half. Place the bottom layer on a serving plate, cut-side up. Spoon the remaining strawberries on top. Spread half of the whipped cream over them. Place the remaining cake layer on top, cut-side down. Spoon the remaining whipped cream on top. Cover with plastic wrap and refrigerate for at least 6 hours or up to 4 days.
8. Just before serving, top the cake with the reserved strawberries and their juice.

SERVES 12: 1 piece each
Cal 303 **Fat** 15g (sat 6g) **Chol** 55mg **Carbs** 38g **Total sugars** 23g (added 16g) **Protein** 5g **Fiber** 2g **Sodium** 201mg **Potassium** 227mg.

Strawberry Gin Spritzer

ACTIVE: 10 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate syrup (Steps 1-2) for up to 1 week.

EQUIPMENT: Cocktail shaker

This low-alcohol spritzer is just the thing to imbibe on a hot summer's day. Gentian liqueurs are made from the roots of gentian, a blue-petaled wildflower that grows throughout the Alps. This recipe makes about 1 cup of syrup but you'll only need 1 Tbsp. to make each drink—try a splash in seltzer for a DIY craft soda.

STRAWBERRY SYRUP

- **1½ cups coarsely chopped strawberries**
- **1 cup granulated sugar**
- **½ cup water**

COCKTAIL

- **Ice cubes**
- **1 ounce gin**
- **1 ounce bitter gentian liqueur, such as Suze *or* Salers**
- **½ ounce lemon juice**
- **2 strawberries, thinly sliced, plus 1 whole strawberry for garnish**
- **Club soda**
- **Lemon twist & mint sprig for garnish**

1. To prepare strawberry syrup: Combine strawberries, sugar and water in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, stirring occasionally, until the strawberries have broken down, about 10 minutes. Remove from heat and mash any large pieces with a fork. Set aside to cool, about 10 minutes.

2. Strain the strawberry mixture through a fine-mesh sieve set over a bowl, pressing to extract as much liquid as possible. Discard the solids.

3. To prepare cocktail: Fill a cocktail shaker halfway with ice. Add gin, gentian liqueur, lemon juice and 1 tablespoon of the syrup. Shake until frosty, about 10 seconds.

4. Strain the cocktail into an ice-filled rocks glass. Add sliced strawberries and top with club soda. Garnish with a whole strawberry, lemon twist and mint sprig, if desired.

SERVES 1: 6 oz.

Cal 161 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 18g **Total sugars** 17g (added 14g) **Protein** 0g **Fiber** 1g **Sodium** 14mg **Potassium** 83mg.

JUDY KIM *is a New York-based food stylist and recipe developer. Follow her on Instagram* @judy.kim.

STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)

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TRAIL RE:MIX

We'll never give up on good old gorp and jerky, but sometimes we want our hiking eats to be a little bit extra.

By Ivy Manning

FOOD PHOTOGRAPHY BY JERRELLE GUY

JORDAN SIEMENS/GETTY IMAGES

For me, hiking is not so much about getting to the destination as it is the journey to snack time.

I'm a founding member of the Smart Lady's Hiking Group (SLHG). We're a not-so-serious group of 8 to 10 women who hit the trails about once a month to explore the Pacific Northwest. We each pitch in to make the most of our outings—a few plan the hikes, one member always packs a first-aid kit and another herds us into sensible carpools (pre-COVID, of course). Then there's me, the "provisions expert."

I volunteered for that responsibility after a particularly grueling hike of never-ending vertical switchbacks to the top of something called "Angel's Rest." All that huffing and puffing, only to eat a handful of trail mix? It was *not* my idea of heaven. After that excursion, I made it my mission to prepare more thoughtful nibbles for us all.

Over the years I've honed my craft, jam-packing our trail treats with flavor plus a decent amount of protein and whole grains to keep us energized—think jerk-spiced chicken and mango wrapped up in tender collard greens, and brown rice onigiri stuffed with smoked salmon. The snacks are intentionally lightweight, never require more than a spork to eat, and taste great at room temperature.

Although my friends tease me because I talk about the food even as we scramble over rocks and look out over breathtaking vistas, the provisions have become an intrinsic part of the SLHG experience. With all of the hustling we do, it's great to pause, rest up, catch up and break bread (or Feta & Zucchini Muffins) together.

IVY MANNING *is the author of nine cookbooks, including* Instant Pot Miracle 6 Ingredients or Less.

GEAR UP

FLPSDE Dual Chamber Water Bottle **Fill the main compartment of this bottle with 20 oz. of water, twist on the cap and flip it over to stash 7 oz. of snacks. The best part? A stainless-steel vacuum-insulated outer chamber will keep items hot or cold for *hours*. ($35; *flpsde.com*)**

GEAR UP

Alpine Mountain Gear Collapsible Silicone Bowls **These colorful, super-light bowls (like the blue one above) come in three sizes and collapse for compact storage. Made from food-grade silicone, they're freezer-, microwave- and dishwasher-safe. ($4-8, *sierra.com*)**

Italian Deli Salad

ACTIVE: 30 min **TOTAL:** 30 min

TO MAKE AHEAD: Refrigerate for up to 2 days.

An antipasto lover's dream—amped up with plenty of veggies. Adding the arugula on top keeps the greens from wilting on the trail.

- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons white balsamic vinegar**
- **1 clove garlic, grated**
- **½ teaspoon Dijon mustard**
- **½ teaspoon dried oregano**
- **¼ teaspoon ground pepper**
- **1 15-ounce can no-salt-added chickpeas, rinsed**
- **1 14-ounce can artichoke hearts, rinsed and quartered**
- **¾ cup chopped jarred roasted peppers, rinsed**
- **½ cup diced part-skim mozzarella cheese**
- **½ cup pitted green olives, sliced**
- **¼ cup coarsely chopped salami**
- **2 scallions, thinly sliced**
- **3 cups arugula**

1. Whisk oil, vinegar, garlic, mustard, oregano and pepper in a large bowl. Add chickpeas, artichokes, roasted peppers, cheese, olives, salami and scallions. Toss to coat.

2. Divide the salad among 6 pint-size jars or airtight containers. Top each salad with ½ cup arugula and put on the lid. Shake to combine just before serving.

SERVES 6: 1 cup each

Cal 222 **Fat** 10g (sat 2g) **Chol** 12mg **Carbs** 20g **Total sugars** 1g (added 0g) **Protein** 10g **Fiber** 4g **Sodium** 571mg **Potassium** 210mg.

Edamame with Ginger Salt

ACTIVE: 15 min **TOTAL:** 8¼ hrs

TO MAKE AHEAD: Store ginger salt (Step 1) airtight in a cool dark place for up to 1 month.

You'll have leftover ginger salt—try a sprinkle on steamed or roasted veggies. (Photo: page 82.)

- **1 tablespoon chopped fresh ginger**
- **3 tablespoons coarse sea salt**
- **1 12- to 14-ounce package frozen edamame in the pod**

1. Place ginger in a mini food processor and pulse until finely pulverized. Add salt and pulse just until combined but still coarse. Spread in an even layer on a plate and let stand, uncovered, until dry, at least 8 hours.

2. Cook edamame according to package directions. Pat dry. Toss in a large bowl with ¾ teaspoon of the ginger salt. (Reserve the remaining ginger salt for another use.)

SERVES 4: 1 cup each

Cal 93 **Fat** 4g (sat 0g) **Chol** 0mg **Carbs** 6g **Total sugars** 2g (added 0g) **Protein** 10g **Fiber** 4g **Sodium** 326mg **Potassium** 410mg.

Sweet Potato, Tofu & Pea Phyllo Samosas

ACTIVE: 45 min **TOTAL:** 1 hr 40 min

TO MAKE AHEAD: Refrigerate unbaked samosas (Steps 1-4) for up to 2 days or freeze on a baking sheet until solid, then transfer to a sealable container and freeze for up to 3 months. Refrigerate sauce (Step 6) for up to 2 weeks.

The dipping sauce calls for tamarind concentrate, which can vary in thickness. If the brand you choose is quite dense, thin the sauce with a bit of water to make it dunkable.

SAMOSAS

- **1 tablespoon extra-virgin olive oil**
- **1 teaspoon brown mustard seeds**
- **½ cup finely chopped onion**
- **3 cloves garlic, chopped**
- **1 tablespoon finely chopped fresh ginger**
- **1 large sweet potato, peeled and finely diced (¼-inch)**
- **½ cup water**
- **1½ teaspoons curry powder**
- **½ teaspoon salt**
- **⅛-¼ teaspoon cayenne pepper**
- **½ cup finely chopped baked tofu (3 ounces)**
- **½ cup frozen peas, thawed**
- **12 9-by-14-inch sheets phyllo dough, thawed**
- **Olive oil cooking spray**

SAUCE

- **½ cup tamarind concentrate**
- **2 tablespoons brown sugar**
- **½ teaspoon ground cumin**
- **⅛ teaspoon cayenne pepper**
- **⅛ teaspoon salt**

1. To prepare samosas: Heat oil in a large nonstick skillet over medium heat. Add mustard seeds and cook until they start to pop, about 1 minute. Add onion and cook, stirring frequently, until tender, about 5 minutes. Add garlic and ginger and cook until fragrant, about 1 minute. Add sweet potato, water, curry powder, ½ teaspoon salt and cayenne to taste. Cover and reduce heat to medium-low. Simmer, stirring occasionally, until the sweet potato is tender, 8 to 12 minutes. Scrape the mixture into a large bowl and stir in tofu and peas. Let cool for 10 minutes.

2. Meanwhile, preheat oven to 350°F.

3. Carefully unroll phyllo dough. Stack 2 sheets of it on a clean work surface with the long side facing you. (Cover the remaining dough with a piece of plastic wrap and then a damp kitchen towel to prevent it from drying out.) Pick up the right side of the top sheet (as if you were turning a page in a book) and mist half the bottom sheet with cooking spray. Press lightly to adhere the two sheets. Repeat on the left side. Cut the stack in half lengthwise.

4. With the short end of a stack facing you, place ¼ cup of the filling on the bottom left corner. Bring the bottom left corner of dough up diagonally to meet the right edge of dough to create a triangle, covering the filling. Continue folding up diagonally, as you would a flag, until you reach the end. Tuck in any edges and mist with cooking spray. Place the samosa, seam-side down, on a baking sheet. Repeat with the remaining phyllo and filling to make 12 samosas.

5. Bake the samosas, flipping once, until golden brown, 25 to 35 minutes. Let cool to room temperature.

6. To prepare sauce: Mix tamarind, sugar, cumin, cayenne and salt in a small airtight container. Serve the samosas with the sauce.

SERVES 6: 2 samosas & 1½ Tbsp. sauce each
Cal 252 **Fat** 6g (sat 1g) **Chol** 0mg **Carbs** 44g **Total sugars** 12g (added 4g) **Protein** 7g **Fiber** 4g **Sodium** 501mg **Potassium** 289mg.

Scan with your phone's camera to shop the containers in this story.

STYLING: JERRELLE GUY & ERIC HARRISON

GEAR UP

Avalanche Dual Compartment Expandable Silicone Hard Sided Lunch Box *(left)* Two compartments for packing separate food items will make this collapsible lunchbox your new favorite hiking companion. Bonus: It comes with a spork! ($15, *target.com*)

Bee's Wrap The Lunch Pack in Bees and Bears We've always been fans of these washable, reusable and compostable wraps. The new Lunch Pack comes with one Sandwich 13x13" wrap and two Medium 10x11" wraps. ($21, *beeswrap.com*)

Smoked Salmon Brown Rice Onigiri

ACTIVE: 50 min **TOTAL:** 1 hr 40 min
TO MAKE AHEAD: Refrigerate for up to 2 days.
EQUIPMENT: 4-oz. ramekin

These Japanese rice triangles can be made simply with seasoned rice or filled with vegetables or protein. Cooking a bit of starchier short-grain white rice with the brown ensures they hold together—but still gives you a filling dose of fiber.

- **2½ cups water**
- **1 cup short-grain brown rice**
- **¼ cup short-grain white rice**
- **1 teaspoon salt**
- **2 teaspoons seasoned rice vinegar**
- **2 ounces smoked salmon, skin and pin bones discarded, finely chopped**
- **1 scallion, finely chopped**
- **1 tablespoon mayonnaise**
- **2 sheets roasted nori seaweed, cut into 16 2-by-4-inch strips**
- **2 tablespoons toasted sesame seeds**

1. Combine water, brown rice, white rice and salt in a medium saucepan. Cover and bring to a boil over high heat. Reduce heat to low and simmer gently until the water is absorbed and the rice is very tender, about 40 minutes. Remove from heat and let stand, covered, for 10 minutes. Stir in vinegar and spread the rice on a large baking sheet until just cool enough to handle, about 5 minutes.

2. Meanwhile, combine salmon, scallion and mayonnaise in a small bowl. Place seaweed strips on your work surface. Spread sesame seeds on a plate.

3. Line a small (4-ounce) ramekin with plastic wrap, leaving about 4 inches hanging over the sides. Scoop 2 tablespoons of the rice into the ramekin and top with 1 teaspoon of the salmon mixture in the center. Top with another heaping tablespoon rice and spread to cover the salmon. Bring the edges of the plastic up and twist the ends together, compacting the rice into a ball.

4. Untwist the plastic to loosen it a bit, and form the rice ball into a triangle shape about ¾ inch thick. Unwrap and place the base of the triangle in the center of a piece of seaweed. Bring the sides of the seaweed up and press gently with a damp finger to adhere to the rice. Dip the edges of the triangle in sesame seeds. Repeat with the remaining ingredients to make 16 onigiri.

SERVES 8: 2 onigiri each
Cal 143 **Fat** 3g (sat 0g) **Chol** 2mg **Carbs** 24g **Total sugars** 0g (added 0g) **Protein** 5g **Fiber** 2g **Sodium** 371mg **Potassium** 137mg.

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PREP: 15 min COOK: 50 min SERVINGS: 12 (serving size: 1 slice)

MULTIGRAIN BANANA BREAD WITH ALMOND BUTTER CUPS

Slices of this whole-grain quick bread are hearty enough to hold up well if packed individually in sandwich bags, or you can pack several slices together in an airtight container to take on a hike.

INGREDIENTS

- 1 1/2 cups white whole-wheat flour
- 1/2 cup quick-cooking oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/3 cups mashed ripe banana (about 3 medium bananas)
- 2/3 cup packed brown sugar
- 1/2 cup JUSTIN'S® Maple Almond Butter
- 1/4 cup canola oil
- 1 1/2 teaspoons vanilla extract
- 2 large eggs, lightly beaten
- 4 packages JUSTIN'S® Dark Chocolate Almond Butter Cups (8 pieces), divided

DIRECTIONS

1. Preheat oven to 350°F. Line a 9-by-5-inch loaf pan with parchment paper.
2. In a medium bowl, whisk together flour, oats, baking powder, baking soda, and salt. In a large bowl, whisk together banana, brown sugar, JUSTIN'S® Maple Almond Butter, oil, vanilla, and eggs. Add the flour mixture to the banana mixture and stir just to combine.
3. Cut 6 JUSTIN'S® Dark Chocolate Almond Butter Cups into quarters; chop up the remaining 2 JUSTIN'S® Dark Chocolate Almond Butter Cups. Fold the quartered cups into the batter. Spoon the batter into the prepared loaf pan and sprinkle the chopped cups evenly over the top.
4. Bake at 350°F until a wooden pick inserted in the center of the loaf comes out clean, 50 to 55 minutes.

Hover your phone over the code above for outdoor activities and snacks to match!

Justin's® BRAND

Spicy Chicken & Mango Collard Green Wraps

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate for up to 2 days.

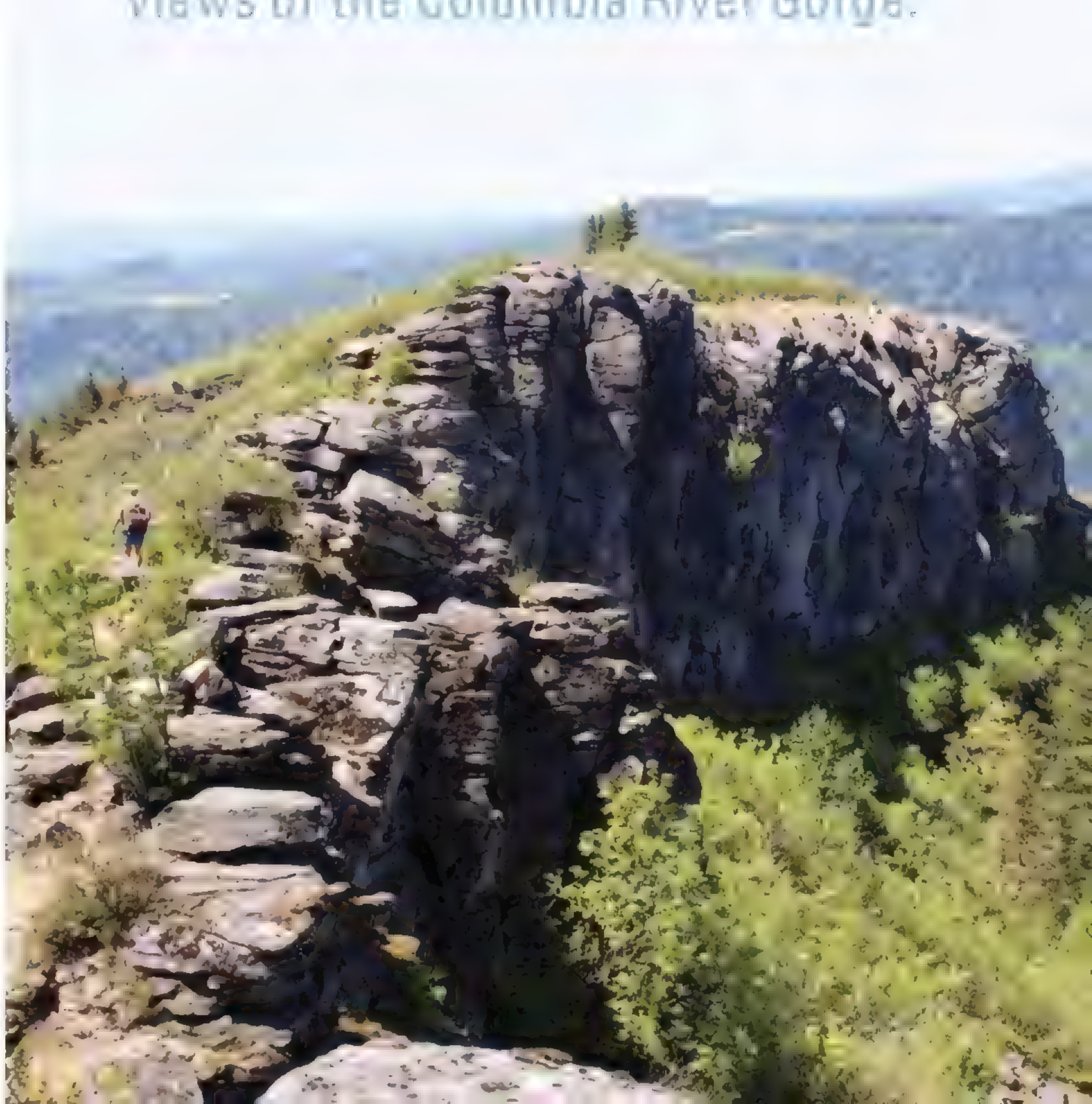
Be sure to carefully cut out the thickest part of the center rib and stem of the collard greens so the wraps can be tightly rolled up. Pack some hot sauce for those in your party who like a little kick. (Photo: page 80.)

- **1 tablespoon extra-virgin olive oil**
- **12 ounces boneless, skinless chicken breast, cut into thin strips**
- **1½ teaspoons salt-free Jamaican jerk seasoning**
- **½ teaspoon garlic powder**
- **½ teaspoon salt**
- **½ lime**
- **8 medium collard *or* chard leaves (*or* 4 large leaves, halved lengthwise)**
- **1 medium mango, peeled and thinly sliced**
- **½ medium red bell pepper, thinly sliced**
- **½ cup coarsely chopped fresh cilantro**
- **2 teaspoons hot sauce**

1. Put a large pot of water on to boil.

2. Heat oil in a medium nonstick skillet over medium-high heat. Add chicken, jerk seasoning, garlic powder and salt. Cook, stirring occasionally, until the chicken is cooked through, about 5 minutes. Transfer to a plate, squeeze lime juice over the chicken and refrigerate until cooled, about 15 minutes.

About 30 miles east of Portland, Oregon, lies the trailhead for Angel's **Rest. A moderate 2½-mile climb** rewards you with sweeping views of the Columbia River Gorge.



3. Add collard (or chard) leaves to the boiling water and cook until wilted and pliable, 30 to 90 seconds. Drain and rinse with cool water. Pat dry. Cut the thickest part of the stem and center rib away, keeping the leaves in one piece.
4. Lay a leaf on a clean work surface with the short end facing you. Put a few strips of the chicken, mango and bell pepper on the edge closest to you. Top with some cilantro and hot sauce. Roll the leaf up tightly, folding in the sides as you go, like a burrito. Repeat with the remaining ingredients to make 8 wraps.
SERVES 4: 2 wraps each
Cal 231 **Fat** 7g (sat 1g) **Chol** 62mg **Carbs** 21g **Total sugars** 13g (added 0g) **Protein** 24g **Fiber** 7g **Sodium** 416mg **Potassium** 755mg.

Feta & Zucchini Muffins

ACTIVE: 15 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Store in an airtight container for up to 3 days.
EQUIPMENT: Muffin tin with 12 (½-cup) cups
Plenty of shredded zucchini keeps these savory muffins moist. Feta and dill lend them Greek-inspired flavor.

- **¾ cup all-purpose flour**
- **¾ cup white whole-wheat flour**
- **2 teaspoons dried dill**
- **2¼ teaspoons baking powder**
- **1 teaspoon garlic powder**
- **¾ teaspoon salt**
- **1 large egg, lightly beaten**
- **¾ cup reduced-fat milk**
- **5 tablespoons extra-virgin olive oil**
- **1 medium zucchini, shredded (about 1½ cups)**
- **½ cup crumbled feta cheese**

1. Preheat oven to 400°F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, dill, baking powder, garlic powder and salt in a large bowl. Whisk egg, milk and oil in a medium bowl.
3. Pour the wet ingredients into the dry ingredients. Add zucchini and feta and stir until just blended. Do not overmix. Fill the prepared muffin cups about two-thirds full.
4. Bake the muffins, rotating the pan from front to back halfway through, until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let the muffins cool in the pan for 5 minutes before turning out onto a wire rack to cool completely, about 30 minutes more.
SERVES 12: 1 muffin each
Cal 142 **Fat** 8g (sat 2g) **Chol** 22mg **Carbs** 14g **Total sugars** 2g (added 0g) **Protein** 4g **Fiber** 1g **Sodium** 287mg **Potassium** 128mg.

Scan with your phone's camera for a bonus recipe: Individual 8-Layer Dip in Jars with Baked Tortilla Chips.

CHILL & GRILL

Get even more out of summer by upgrading your backyard BBQ into a full-on kitchen and entertaining area. Your inspiration starts here.

By Lucy M. Clark

I love to cook—and I love to cook outside!" says photographer, stylist and lifestyle blogger Aniko Levai. After making the most of their home's 10-by-10-foot deck for several years, she and her husband set out to build her dream outdoor kitchen off the back of their Richmond, Virginia, home in the summer of 2017—a total DIY project. "I wanted to create a little backyard oasis," says Levai. With her plan sketched out on paper, the couple spent about a month on the install, working late into the evenings and on weekends. You're looking at the results! Check out what they did—and the lessons they learned along the way.

ID Your Space Needs

Levai says that taking the time to live with her house's existing deck showed her the pain points—and helped her zero in on exactly what she'd want in the future. As a frequent entertainer of large groups, she quickly learned she needed more seating. Adding an adjacent lower deck created more lounging space.

Think Modular

The biggest splurge on the remodel was a full outdoor kitchen—with a range of appliances—to make for fewer trips inside. Levai went with a modular Master Forge set from Lowe's. Because the pieces are sold separately and can be arranged however you like, a modular system allows you to customize the kitchen to be as big or small as you want. Levai chose a grill, side burners and griddle, outdoor refrigerator, sink and marble countertop. This model is no longer available, but for something similar, check out Char-Broil's modular outdoor kitchen, pieces sold separately and starting at $800, *lowes.com*. Want a modern look? Try NewAge Product's Modular Outdoor Kitchen Cabinet, which includes a sink, bar and grill cabinets, a countertop and weather covers, from $3,800, *lowes.com*. Before you shop, consider what your family will use the most. Levai's two favorite elements: "The griddle for cooking vegetables. (My husband and I are both vegetarians.) And the fridge for refreshments!"

Throw Some Shade

Adding a pergola not only looks stylish—it also offers a welcome dose of shade, especially over the cooking area. For even more sun coverage, Levai topped an Allen & Roth outdoor dining set with a large umbrella.

Belly Up

As a finishing touch, Levai installed a small bar area with two stools off the back side of the kitchen counter, "So my husband could sit and watch me cook and have a drink." To complete the relaxed vibe, she added candles, string lights and plenty of potted and hanging plants.

Get Your Hands Dirty

"It was a lot of work and labor on our part, especially my husband!" Levai says, but adds that the cost savings of doing the work themselves—as opposed to hiring it all out—made it totally worth it. If you're inspired to build your own outdoor kitchen, check out her blog, Place of My Taste, for step-by-step how-tos.

Outdoor Kitchen on a Budget

Not ready for a complete backyard renovation? Refresh your current space with these won't-break-the-bank picks.

1

Bash Copper Beverage Tub A cost-friendly alternative to an outdoor wine fridge—if there ever was one. This hand-hammered aluminum drink chiller looks great and, once filled with ice, keeps your IPAs and rosé cool for hours. **($90, *crateandbarrel.com*)**

2

Solvinden Outdoor Lights Hang one—or a few—of these pretty solar-powered pendants around your outdoor seating area for a cozy summer evening glow. **($10, *ikea.com*)**

3

Positive Performance Rug Ground your patio furniture with a chic outdoor rug that adds comfort for bare feet and is easily cleaned with a garden hose. **($129, *crateandbarrel.com*)**

4

Äpplarö Table A total steal! This drop-leaf outdoor table is made of sustainably sourced hardwood. When folded it seats four people, but can easily expand to fit up to eight. **($149, *ikea.com*)**

5

KitchenAid 3-Burner Propane Gas Grill with Ceramic Sear Side Burner Make a statement with a bold, blue grill. Besides packing a 51,000-BTU output, this baby lets you prep on one side and sear on the other. **($499, *homedepot.com*)**

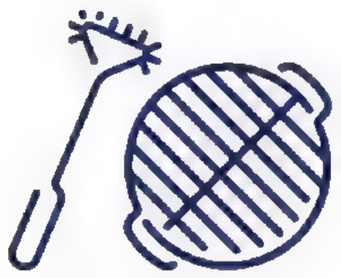
Scan with your phone's camera to shop these products.

Summer marks the official start of grilling season! It's time to pick your favorite foods, head outside and get grilling. We've got a few hot tips to ensure every grilled meal is a success.

HEAT IT UP
Preheat your grill for at least 15 to 20 minutes or your grill's recommended time. Monitor the temperature with a thermometer to allow for proper heat before you begin.

ADD FLAVOR TO YOUR FAVORITES
Whether you're grilling meat, seafood or fresh summer produce, season your food with a marinade, sauce or rub to enhance the flavor.

KEEP IT CLEAN
Once your grill is heated, use a grill brush to easily remove excess food and debris. For best results, make sure to clean your grill before placing your food on it and again immediately after cooking. Not in the mood to fuss with cleaning? Line your grill with foil for cleanup made simple.



ESSENTIAL GRILLING GEAR
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CS Fishery founder Jeff Wong and his dog, Tully, head out for a day of fishing off the Oregon Coast.

FROM DOCK TO DOOR

A sea change is happening in how we get our fish and shellfish. Think: just

by
Ben Goldfarb

photography by
Leah Nash & Daniel Orr

illustrations by
Claire Harrup

caught, super-local and sustainable. Get hooked on the CSF movement.

Togue Brawn *(left)* carries a haul of scallops—including some prized bright orange "butterscotch" scallops—from Maine's Casco Bay. *Above:* Oyster shells line the dock at the Port of Garibaldi in Oregon. They will be seeded with baby oysters, which attach to the shells, and are then placed back in the bay to grow.

One blustery October day, I opened my door to find a Styrofoam cooler perched on the stoop, within which lay two bags of plump, pearly scallops. I unboxed them and, that night, seared them in garlic and olive oil—90 seconds on one side, 60 on the other, just long enough to brown their nearly translucent flesh. My wife and I chewed with eyes closed. Somehow, we agreed, they were both briny and sweet: redolent of the Atlantic, yet so luscious they could've been dessert.

The scallops had come courtesy of Togue Brawn, the owner of a tiny Maine seafood purveyor called Downeast Dayboat. A few days earlier, I'd called her to ask when I could expect her shellfish. The shipment had been delayed, she explained, first by storms and then by mechanical failures. "Fortunately, most of my customers are understanding, especially if they've tried my scallops," said Brawn (who, like a true New Englander, pronounces "scallop" to rhyme with "dollop"). "They're like, 'OK, this is the trade-off: we can't always guarantee exactly when we're gonna get it, but the flavor is incomparable.'"

Brawn had come to the seafood industry from an unusual angle. In her past life, she'd worked for Maine's Department of Marine Resources, crafting regulations that made fisheries more sustainable—closing certain stretches of ocean to allow depleted scallop stocks to rebound, for instance. Although the rules buoyed the scallop populations, fishermen were skeptical. They didn't mind catching less, they told Brawn, if only they could be assured of receiving a decent price.

But the scallop industry, she learned, did not reward Mainers. Most Atlantic scallops are caught far offshore and spend days sitting on ice in a ship's hold. As the ice melts, the scallops become waterlogged, a process that adulterates their meat. Maine's nearshore fishermen, by contrast, ply the state's rocky coastline for mere hours at a time, and thus don't need to ice their shellfish. Inevitably, though, both pools of scallops—the soggy ones and the fresh-as-can-be catch—end up in the same warehouses and markets. That struck Brawn as sacrilegious. It was, she told me, "like pouring a bottle of Dom Pérignon into a vat of Barefoot Bubbly."

Brawn was determined to rectify the injustice. She quit her government job and started Downeast Dayboat, a one-woman company that pays Maine's coastal fishermen a fair price for a better product. She first sold scallops to local restaurants, then began to ship them around the country, a few pounds at a time, in coolers with gel ice packs—like the one that found its way to my door.

As Downeast Dayboat evolved, Brawn retained her intimate connection with

her suppliers. When she can, she pays them a "sustainability bonus" for abiding by the state's fishing regulations. My scallops came hand-labeled with the names of the fishermen who had dredged them up and the places they'd been harvested. (The terroir of James West's scallops, which were from the mouth of the Skillings River, struck me as a bit brinier than the sweet, mild flavor of Peter Taylor's Cobscook Bay catch.) Her national customer base notwithstanding, you might call her operation a community supported fishery.

You are, by now, likely familiar with the concept of Community Supported Agriculture: the weekly box brimming with broccoli, carrots and other just-picked produce, grown by a local farmer. Community Supported Fisheries (CSFs) share this local, in-season ethos and, in many cases, the CSA business model—just substitute rockfish for radicchio, clams for cabbage and squid for squash.

And like CSAs, CSFs are diverse in their approaches: some allow customers to order fish a la carte, while others provide a fixed weekly share. CSFs also have a commitment to fair wages and ecological health. "The members know that their fish is being harvested by somebody who's paying attention to the sustainability of the fishery," says Philip Loring, Ph.D., an associate professor of food, policy and society at the University of Guelph in Ontario, Canada, who studies the local seafood movement.

Yet CSFs face challenges that their landlubber counterparts don't. Fish is more perishable than kale, less predictable than lettuce and, to many consumers, even a little intimidating. We all know how to peel a potato; fewer of us can fillet a flounder. No wonder there are well over 10,000 CSAs in the U.S. and only 300 or so CSFs.

Now, though, their moment may at last be arriving. CSFs are swelling, both in scale and scope, sometimes in ways that strain our understanding of what it means to be local and community-based. Their expansion has only been accelerated by the pandemic, which, by disrupting supply chains and closing restaurants, forced fishermen to find new outlets for their catch and pushed consumers to seek new ways of getting their seafood fix. In COVID's wake, the local seafood movement has an unprecedented opportunity. Can CSFs transform the way Americans get their seafood—and at the same time, help protect our oceans themselves?

FANTASTIC FISH & WHERE TO FIND THEM

Sure, you know how to sauté shrimp and bake salmon—but what about a thornyhead rockfish? Here's a quick guide to some of the tasty local oddities that might turn up in your CSF box and what to do with them. Find more recipes at *eatingwell.com/oddfish*

EAST COAST

Spiny dogfish are small sharks that have become more abundant in northern waters. They have dense white meat that's a good substitute for cod.

Porgy, also known as sea bream or scup, are common along the Eastern Seaboard and have a cooking profile similar to snapper. Try them grilled whole.

Triggerfish, sometimes called leatherjacket, are a staple of some Southern CSFs. Their clean, sweet meat makes perfect fish tacos.

Monkfish are toothy, fierce-looking bottom-dwellers with firm flesh. They're great oven-roasted with potatoes, herbs and olives.

WEST COAST

Grenadier, or rattails, are deep-sea scavengers that have a delicate flavor and flaky texture and are tasty rolled in breadcrumbs and baked.

Squid are easy enough to dredge in flour and pan-fry, but why stop there? Spicy Korean-style grilled squid and ceviche are more interesting takes.

Lingcod occasionally have startling blue flesh, but don't be alarmed—it turns white when cooked and is delicious simply pan-seared.

Sand dabs are small, flounder-like flatfish common from Monterey Bay to Washington State. Try frying them in butter with capers and lemon.

BEGINNINGS OF A SEA CHANGE

Among all global commodities, perhaps none has a supply chain as opaque and convoluted as seafood. Every fish dinner begins on a hook, in a net or at a fish or shellfish farm, and ends on your plate. In between, though, it shuttles through a bewildering ecosystem of aggregators, processors, distributors and wholesalers. Simple transactions often conceal elaborate journeys. The wild Alaskan salmon that you buy at the grocery store in Seattle may well have been filleted in China, crossing the Pacific twice between net and counter.

The reasons for this complexity are many—labor costs, paper-thin margins, a uniquely ephemeral product—but the consequences can be calamitous. For you, the consumer, it means less-fresh, lower-quality seafood. For fishermen, it means depressed wages, as each middleman extracts his cut. And for the ocean, it may mean devastation. As any given fish bounces from boat to factory to warehouse to retailer, it's commingled with others and processed into unrecognizable fillets, sticks or canned meat. Pretty soon it's impossible to discern the yellowfin harvested sustainably off Long Island from the Indian Ocean stock whose population is deemed "at risk of collapse" by conservation organizations. As a result, fraud is rampant. One global review found that 8% of the fish sold worldwide isn't what it claims to be, and mislabeling

In addition to tuna and salmon, fisherman Jeff Wong says his customers also love when he offers more underutilized species like octopus and mackerel.

rates for high-value catches are often far higher. In 2018, researchers from the New York State Attorney General's office found that more than 1 in 4 fish in the state's supermarkets were mislabeled; more than 85% of lemon sole, for instance, turned out to be a lower-value species like swai, an Asian catfish. And while nobody quite knows what all this duplicity is doing to the sea, it's surely nothing good. A 2020 study showed that the "substitute seafood" on American fish counters—such as the giant tiger prawns masquerading as whiteleg shrimp—are more likely to come from poorly managed fisheries with more severe environmental impacts. Seafood mislabeling doesn't just hurt consumers, then: it effectively launders unsustainable products into the supply chain and, eventually, into our stomachs.

Around 2007, CSFs began to emerge as an alternative to this system. Like many good ideas, the CSF seems to have had multiple, near-simultaneous points of origin, including Carteret Catch in North Carolina, Skipper Otto in British Columbia and Port Clyde Fresh Catch in rural Maine—whose founding fishermen first sold shrimp to parishioners at a Unitarian church. Early startups ran into a system geared to global markets rather than local distribution. Some were boxed out by competitors; one CSF founder told me he offloaded tuna from his boat via wheelbarrow because processors barred him from using dockside cranes. Others discovered they needed hundreds of members, rather than mere dozens, to cover costs.

"There were four or five times in our year of planning when we hit a brick wall, where most people concluded the project was done," says Joshua Stoll, Ph.D., a fisheries researcher at the University of Maine who helped found a CSF called Walking Fish in 2009. "And we're not talking about building a rocket—we're talking about moving seafood three hours from the coast."

Early CSFs faced another obstacle: the milquetoast tastes of their own customers. Every year, the average American consumes just over 16 pounds of seafood, nearly two-thirds of which is shrimp, salmon, canned tuna and tilapia, irrespective of season or location. CSFs, however, compelled buyers to broaden their palates—to sample whatever plentiful, underappreciated creatures local fishermen happened to haul up. A Montauk, New York-based CSF called Dock to Dish, for instance, offered homely, bottom-dwelling species like monkfish, skate and sea robin, to the occasional horror of subscribers. *(See "Fantastic Fish and Where to Find Them" on page 93.)*

"We would get people saying, 'This was terrible,' 'It set off the smoke alarms,' 'How are we supposed to cook this?'" Sean Barrett, Dock to Dish's founder, says with a laugh. But the skepticism ceased once the company began supplementing its direct-to-consumer business with restaurant sales, including to Blue Hill at Stone Barns, the taste-making farm-to-table eatery. "When people started to see chef Dan Barber working with the same fish, there was suddenly this embracing of the underutilized species," Barrett said. "Then it was, 'Oh, don't give us striped bass or fluke again—we want a challenge!'" These days, most CSFs offer recipes alongside their unconventional catches; California-based Real Good Fish, for instance, has tips for making abalone po'boys, slow-roasted cabezon and opah with citrus salsa.

Over time, the movement grew. In 2011, Stoll and others founded the Local Catch Network, a collective of fishermen and -women, researchers and nonprofits, who hoped to learn from each other and raise the movement's profile, and by 2012 around 30 CSFs were operating in the U.S. Yet not even the seafood purveyors were quite certain what a CSF *was*. Because while other forms of direct-to-consumer food sales are governed by a litany of laws and certifications, CSFs

ENJOY YOUR BOUNTY

We asked Sean Barrett, founder of Dock to Dish, for a few tips on getting the most out of your CSF windfall. Also, check out our tutorial on grilling fish on page 100.

Keep cool. Make sure you have a method for keeping your seafood cold if you're picking up at the harbor or market, especially in the summer. Dock to Dish used to provide insulated bags and ice packs (these days they home-deliver instead), but you can make do with a cooler. The magic number is 40 degrees: above that, quality declines and pathogens increase.

Plan for it. "You can keep a striped bass fillet chilled for a week and it'll be pretty good," Barrett acknowledges. But why would you want to? Freshness is one of the CSF's primary selling points, so make sure to meal-plan accordingly. "Wine ages well," Barrett says. "Fish does not." And keep prep simple. Think: sashimi or a quick sear on the grill.

Be bivalve savvy. Clams, mussels and other in-the-shell bivalves will keep in the fridge for a couple of days if stored properly: place them in a colander set over a bowl and cover with a damp cloth. (Some pros suggest icing the colander, but because bivalves can die if they get too cold, don't risk it. It's also important not to seal them in a plastic bag or submerge in water.)

Freeze any excess bounty. Placing the fish or shellfish in a bag and vacuum-sealing it before freezing is the best way to go. But you can also use a resealable plastic bag. Just make sure to get as much air out of it as possible. Otherwise, it risks freezer burn, which can affect the flavor and texture of the fish. For best quality, use it within 3 months or so.

were loosely defined. Some sold fresh, others frozen. Some dropped off weekly shares at patrons' houses, while others stretched the definition of local by shipping their product across state lines.

Eventually, the Local Catch Network agreed upon nine shared "core values"—including paying fishermen a fair wage, keeping supply chains traceable and ensuring that future generations inherit a clean, healthy ocean. What made a CSF a CSF, in other words, wasn't a business strategy, but an ideology. It didn't matter whether you were hawking bluefish fillets out of your van or vacuum-sealing thousands of pounds of salmon—you could be united by a mutual respect for the sea and the people who plied it. "It's about doing something that's meaningful and uplifting, that's not just feeding you but filling your soul," says Iris Nash, an Alaskan fisher who, with her husband Chris, trolls for coho salmon under the label Nash Family Fish. "This isn't the most lucrative fishery, but it's something we can be proud of."

INTO THE DEEP

Last fall, I went down to the waterfront in Garibaldi, a gritty fishing port on the Oregon Coast, to see a CSF in action. Stacks of crab traps teetered on moldering wharves, and a wheezy crane hoisted crates of oysters into a waiting truck. At the dock, I rendezvoused with Jeff Wong, a commercial fisherman with an entrepreneurial streak, aboard his 20-foot boat, the *Double Down*. As we motored beyond the gentle waters of Tillamook Bay and into the heaving Pacific, Wong told me the vessel's name paid homage to his gambling-enthusiast mother. He'd recently bought a second, larger boat: the *Black Jack*.

Wong baited three rods with herring and let them unspool off the boat's stern. Somewhere below us swirled chinook salmon, waiting for the tide to sweep them inland to spawn. The air was crisp and saline, and fog cloaked the shore. Wong, lean and tan in his chest waders, piloted the *Double Down* over the swells as I turned green at the gills. He'd grown up hunting and fishing at the encouragement of his father, a man who frowned at frivolous hobbies. "My dad said, 'Son, you can't eat a golf ball,'" said Wong.

In 2013, he began to dabble in commercial tuna fishing, hoping to turn his avocation into a career. Although he took meticulous care of his fish, bleeding and immediately icing them to improve their quality, he was dismayed to find that processors didn't pay for the extra labor. He decided to strike out on his own, launching a CSF that he called CS Fishery—and, in a stroke of search-engine-optimization genius, he claimed the URL *CommunitySupportedFisheries.com*. "If you Google it, what do you think comes up first—something like Jeff's Best Fish 4 U, or community supported fishery?" he said with a sly smile.

Although Wong first sold to high-end restaurants, he soon began to pursue more creative revenue streams for his tuna, salmon, lingcod and crab. By the time I visited him, he'd come to own two food trucks and a smoker—and had launched a canned-tuna line in partnership with a local saltworks and olive mill. But nothing beat the pound-for-pound value of direct-to-consumer sales at the dock or farmers' market. Home chefs paid $18 a pound for whole chinook and $27 for fillets. "I could have a good day with one fish," Wong said.

Today, unfortunately, was not a good day. The sonar screen showed dozens of little blips, indicating salmon galore. But they weren't biting. The lesson was clear: fishermen subsist at the mercy of the ocean. Wong knew this well, which is why instead of selling guaranteed weekly shares in advance, he converted to a more impromptu business model. After successful trips, he sends out texts and emails to customers, who claim his catch—first come, first served. "Hitting any rhythm with an exact weekly CSA model is almost impossible," Wong said as we steamed shoreward with an empty hold and the wind in our faces. Still, he'd come to love the freedom of his more ad hoc approach. "I do it on my time, and I call the shots."

SCALING UP

Despite the acumen of Wong and others, CSFs have long struggled to fulfill their potential. In a 2017 briefing, investment analysts found America's CSFs were collectively worth around $8 million—yet the sector's prospective value was *$3 billion*. Most fishermen lacked the

marketing skills to cultivate their customer bases, and the high cost of equipment, like fancy cold-storage facilities, prevented many would-be CSFs from getting into the game. As a result, CSFs were then reaching a paltry 35,000 consumers; meanwhile, as many as 16 million possible buyers were going unserved.

The analysis was sobering, but came with a gleaming silver lining: CSFs, the analysts wrote, had "barely scratched the surface of their potential." A vast market existed, if only fishermen could tap it. To realize their promise, CSFs would have to scale up—without compromising the values that groups like Local Catch held dear.

One of the outfits that accepted the challenge was Sitka Salmon Shares, now America's largest CSF, which delivers monthly shipments of blast-frozen seafood to subscribers in the lower 48 states. Sitka Salmon Shares originated in 2011, when Nic Mink, an environmental studies professor in Illinois, spent a summer in Sitka, Alaska, researching the area's food systems with students. There he met Marsh Skeele, a young hook-and-line salmon fisherman who'd recently shelled out for his first boat. Mink brought 750 pounds of Skeele's frozen fillets back to the landlocked Midwest, where friends snapped them up. A business was born.

Like most CSFs, Sitka Salmon Shares got off to a sluggish start. The Alaskan salmon industry, Mink and Skeele discovered, is an immensely capital-intensive one; one ice-making machine alone can run a million dollars. Seafood conglomerates overcome equipment costs by skimping on labor, freezing Alaskan salmon and processing it in China. Sitka Salmon Shares, however, was determined to keep its entire supply chain local—a goal that required multimillion-dollar investments in processing, packaging and distribution facilities. "It took us seven years to become profitable," Mink told me ruefully.

As word-of-mouth grew back in the Midwest, however, membership ticked up, from around 2,500 subscribers in 2016 to 25,000 in 2020. The company reinvested its growing revenue in quality-improving equipment and, better yet, in its fishermen—who get a premium for their catch, allowing them to make more money with fewer fish, a trade-off that can benefit suppliers and ocean alike. Kelly Harrell, its chief fisheries officer, said the company now pays harvesters 15 to 20% more than its competitors. And it's hired a science director to ensure that its seafood—not only salmon, but now albacore, spot prawns, halibut, black cod and other species—is captured sustainably.

Add it all up, and the company's experience presents a paradox. In fisheries, as in agriculture, small-scale has become synonymous with high quality. But Mink is adamant that expansion has helped the company fulfill its values, rather than jeopardize them. "For us to be able to do things right," he says, "we had to get a size where we could make multimillion-dollar investments."

THE FUTURE IS LOCAL

In 2020, the pandemic threw our food systems into chaos, and the seafood industry was no exception. More than half of America's seafood haul is exported, and around 80% of the remainder goes to restaurants. When COVID cut off international trade and shut down eateries, it imperiled the livelihoods of thousands of fishermen. The head of one seafood association called it "the biggest crisis to hit the fishing industry ever."

But for Sitka Salmon Shares and other CSFs, the pandemic was a perverse blessing. With restaurants shuttered, consumers turned to home dining. According to one study, Google searches for the phrases "direct seafood" and "seafood delivery" spiked by 88% and 209%, respectively. More than 90% of CSFs reported increased demand. (COVID outbreaks in meat-packing plants and industrial ships may also have helped drive the trend.) Mike Domeyer, the founder of Tre-Fin Day Boat Seafood in Ilwaco, Washington, told me that, prior to the pandemic, he'd sold only 15% of his albacore tuna directly to consumers, and the rest to restaurants. After COVID struck, he offered free delivery to customers within 90 miles, and the ratio reversed. "It was a dramatic change that we never saw coming," he said.

A SEA OF CSFS

Community supported fisheries are becoming so popular that it's hard to keep track of them all. Luckily, the Local Catch Network *(finder.localcatch.org)* does it for you with a searchable database of the country's CSFs. But here are a few standouts.

Cape Ann Fresh Catch in Gloucester, Massachusetts, is among the country's largest CSFs, and one of its first. It offers pickup locations six days a week for fish including hake, pollock and redfish, as well as home delivery within 50 miles of its headquarters.

Get Hooked sells weekly shares of rockfish, ridgeback prawn, black cod and other delicacies from the waters of Santa Barbara, California. Although it allows customers to opt out of species they're not familiar with, like a giant snail called the Kellet's whelk, you shouldn't miss this "escargot of the sea."

Walking Fish, one of North Carolina's several CSFs, provides twice-monthly seafood shares to customers in the Durham and Raleigh areas. Bonus: It has an online cookbook full of ways to prepare your catch—including Southern classics like Bay and Beer Shrimp and Jumpin' Mullet Muddle.

NH Community Seafood has 21 pickup locations around New Hampshire, and offers Atlantic bounty from Acadian redfish to yellowtail flounder. "There are a lot of really great fish that are caught off the coast of New Hampshire that people around here have never tried," says fisherman David Goethel.

Nash Family Fish ships line-caught coho salmon from Southeast Alaska to your doorstep. True to its name, it's a family affair: the operation is run by Iris and Chris Nash, with help from their kids, Yakobi and Espen. "These fish are such magnificent creatures," says Iris. "We're in awe of them."

Fresh Dungeness crabs *(right)* **are one of the main attractions at the waterfront in Garibaldi, Oregon.**

Operators like Domeyer thrived thanks to their agility: it's a lot easier to pivot when you're not a link in a sprawling supply chain. Take San Diego's Tuna Harbor Dockside Market, an open-air seafood bazaar that purveys lobsters, crabs, urchins, halibut and other marine morsels. Tuna Harbor compensated for dwindling restaurant business and reduced foot traffic by starting a curbside pickup service, which allowed customers to order seafood directly from the person catching it and claim it on Saturday mornings. "Honestly, it was a saving grace for a lot of people," says Jordyn Kastlunger, the fisher who runs the curbside deliveries. Demand skyrocketed so quickly that the market had to impose limits. "People were panic-buying, like, 100 pounds of tuna," she adds.

Whether the "pandemic bump" will outlive the pandemic is an open question. At Tuna Harbor, the initial rush began to slow within a few months of COVID's arrival (allowing them to lift purchase limits), although curbside sales remain solid. Nic Mink told me that Sitka Salmon Shares benefited from "exponential" growth in 2020. "The new plateau has been reached," he says.

Whatever happens, seafood researcher Philip Loring believes the pandemic granted CSFs a new legitimacy. For years, he says, the industry regarded them as "kind of quaint." But today it's harder to deny their significance. For CSFs to truly come of age, though, they must surmount one last hurdle: their price tag. Industrial-sized competitors keep costs low through economies of scale—after all, you can afford narrower profit margins when you're selling 50,000 pounds of scallops than when you're selling 50. Most CSFs haven't had that luxury. Instead, they've targeted high-end restaurants and well-heeled gastronomes. If you're not a member of the Whole Foods set, well, enjoy your freezer-burnt tilapia.

But that, too, is starting to change. In 2016, Talia Young, Ph.D., then a fisheries researcher, was attending a seafood conference when a speaker claimed that American consumers needed to embrace species besides salmon and cod. "I thought, you're not talking to the right Americans," says Young, who's Chinese American. "Asian and Black people eat *a lot* of fish. We eat whole fish, not just fillets; we eat shellfish, we eat jellyfish—and we're also Americans." She began pondering ways to link fishermen with less affluent—and more open-minded—buyers.

The result was Fishadelphia, a CSF that sells twice-monthly shares to consumers around Philadelphia. One-quarter of its subscribers pay only $12 per share, a steeply discounted "community rate" that's available to Medicaid or food stamp recipients and anyone who's referred to Fishadelphia by an existing community-rate member. Its diverse customer base revels in offbeat species, like eel. "I tell fishermen that we want to buy their bycatch, the stuff they would otherwise sell for bait," says Young.

Fishadelphia has sought to connect its suppliers and buyers not only through seafood, but in person. Every year Young takes groups of subscribers, many of them non-English-speaking, on tours of the New Jersey fishermen's co-ops and oyster farms that furnish their shares. Fresh fish, to Young's mind, can bridge our divided society, uniting urban Chinese mothers with rural white oystermen—solidarity through seafood. With COVID, those relationships proved their worth. Families turned their front porches into pickup sites so that nearby members would have easier access to seafood. Others donated their shares. And when one member lost a relative to the virus, Fishadelphia's subscribers pitched in for the funeral.

The company's success suggests that, at their best, CSFs do far more than peddle mackerel. Yes, they're convenient. Yes, they help diners achieve their USDA-recommended seafood allotments. Yes, they're a lifeline for fishermen bobbing in the tempestuous seas of global markets. "But people also participate for reasons that we've dubbed 'relational,'" Young says. For all their fiscal growth, the true value of Community Supported Fisheries may not be monetary at all.

BEN GOLDFARB *is an award-winning environmental journalist and author of* Eager: The Surprising, Secret Life of Beavers and Why They Matter.

6:15 am — Achy

6:55 am — Anxious

10:43 am — Relaxed

1:15 pm — Uneasy

4:07 pm — Distracted

5:41 pm — Relieved

8:34 pm — Connected

10:12 pm — Hopeful

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well seasoned

Amarity from our test kitchen

Walk the Plank

Despite a rather finicky reputation, all varieties of seafood, from hard-shelled clams to delicate, thin fillets of trout, can be grilled successfully. The key is knowing which technique will suit each type best. Flip the page for our how-to. By Hilary Meyer

Our Test Kitchen's Guide to Grilling Fish

When to Cook Directly on the Grates

For thick, STURDY FISH like tuna, mahi-mahi or salmon, grill it right on the grates. It will hold up well, especially when it's time for the big flip. The same goes for shrimp, scallops and bivalves, such as oysters, mussels and clams.

■ **Pat the fish dry,** then oil it to prevent sticking and add your seasonings.

■ **Leave the skin on.** Even if you don't plan on eating it, grilling with the skin on is a good insurance policy—it will be less likely to adhere to the grates and will help keep the fish together when you flip it.

■ **Be sure to preheat** a gas grill on high for at least 15 minutes, or build a fire in a charcoal grill and let it burn down to high heat (about 500°F). Once it's ready, give the grates a good scrub-down with a grill brush (debris can cause your fish to stick to the grates). Just before adding your fish, soak a folded paper towel in oil and use long grill tongs to run it over the clean grates. Reduce the heat to medium-high.

■ **Don't force the flip.** If you find your fish sticking despite your best efforts, just give it a minute and try again. It will release naturally when it's ready—so patience you must have, young Padawan.

■ **Grilling sea scallops or shrimp?** Yes, you can grill each one individually, but skewering them will keep smaller pieces from falling through the grates and make it easier to turn them all at once. Use two parallel skewers as opposed to just one to prevent your seafood from spinning and sliding around.

When to Use a Plank, Grill Basket or Foil

For thin, DELICATE FISH like tilapia or cod, whole fish that's stuffed, or small seafood, such as sardines, do yourself a favor and take the extra step of utilizing one of these grilling accessories for the best results. You can thank us later.

■ **Go for a wood plank** if you're after the slightly smoky flavor wood imparts (or you just want a great presentation). Plan ahead: planks made from hardwood like cedar need to be soaked for an hour or two before grilling to prevent burning.

■ **Opt for a flat grill basket**—the hinged type that opens to let you put food inside and has a handle for easy turning—when grilling stuffed whole fish or smaller pieces of seafood that could drop through the grates. (If you don't want to skewer shrimp or scallops, they're good contenders for a grill basket.) Prevent sticking by coating the basket with cooking spray or brushing it with oil before adding the fish.

■ **Use foil,** placed directly on the grates, as a makeshift sheet pan, or fold it into a packet if you want to grill quick-cooking veggies, herbs or sauces along with your fish. We like Reynolds Wrap Foil Wrappers since they come in pre-cut sheets.

How to Know It's Done? The USDA recommends cooking fish to an internal temperature of 145°F. Use an instant-read thermometer or follow our general rule of thumb: if it flakes easily and is no longer translucent in the center, odds are it's done. Generally speaking, that means 8 to 10 minutes over medium-high heat for a 1-inch-thick piece of fish.

THIS PAGE & PREVIOUS: ERIC WOLFINGER; PROPS: TOM INGALLS

Let's Talk Turkey Burgers

They have a bad reputation for being as dry as the Sahara (and often as flavorless). Find out how a few key ingredients transform *this* burger into something truly juicy and delicious. By Adam Dolge

Whole-Wheat Hamburger Buns

It's worth checking to make sure whole-wheat flour is the first ingredient on the label, or scoping out the fiber content of your pick, since some brands may seem more wheaty than they really are. Choosing whole-wheat gives you more fiber than a white bun (an impressive 3 or 4 grams per roll versus less than 1 gram).

Grated Onion

One of the biggest challenges with cooking lean ground meat, especially turkey, is that it can easily become dry. Our fix? Add moisture by mixing in grated onion—grating releases more of the veggie's juices compared to chopping. The onion also imparts lots of flavor.

93%-Lean Ground Turkey

Swapping traditional ground beef for lean ground turkey is a great way to cut back on saturated fat. Compared to the typical 85%-lean ground beef burger, one made with 93%-lean ground turkey has half the saturated fat at 2.5 grams. (And it has a lighter environmental footprint than beef, as well as a milder taste—which some cooks prefer.) Plus, 93%-lean ground turkey still has enough fat content overall that it's not as prone to drying out as the 99%-fat-free kind.

Worcestershire Sauce

This fermented English condiment is made with vinegar, onions and garlic, molasses, anchovies and spices, so it packs tons of umami. Yes, it's high in sodium, but we only use 1 tablespoon in the entire recipe. That way, you get the savoriness without the salt bomb. And it enhances the meaty taste of the turkey burger.

Fresh Whole-Wheat Breadcrumbs

Lean ground turkey needs a binder to help the patties hold their shape so they don't fall apart on the grill. (Higher-fat meat naturally stays together.) So we turn to breadcrumbs. Using fresh instead of dried gives the burgers even more moisture.

Find more juicy turkey burger recipes at *eatingwell.com/turkeyburgers*

Grilled Turkey Burgers

ACTIVE: 35 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate burgers (Step 1) for up to 8 hours.

- **1 pound 93%-lean ground turkey**
- **1 small onion, grated**
- **2 tablespoons ketchup**
- **1 tablespoon Worcestershire sauce**
- **1 teaspoon dry mustard**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **½ cup fresh whole-wheat breadcrumbs**
- **4 whole-wheat hamburger buns, toasted**
- **Lettuce, sliced red onion & tomato for serving**

1. Combine turkey, grated onion, ketchup, Worcestershire, dry mustard, salt and pepper in a medium bowl. Add breadcrumbs and mix with your hands until just combined. Divide the mixture into 4 burgers, ½ inch thick. Cover and refrigerate for at least 15 minutes or up to 8 hours.
2. Meanwhile, preheat grill to medium-high.
3. Oil the grill rack. Grill the burgers, flipping once, until an instant-read thermometer inserted in the center registers 165°F, about 4 minutes per side. Transfer to a clean plate and let rest for 5 minutes. Serve on buns with lettuce, red onion and tomato, if desired.

SERVES 4: 1 burger each

Cal 324 **Fat** 12g (sat 3g) **Chol** 84mg **Carbs** 30g **Total sugars** 7g (added 2g) **Protein** 26g **Fiber** 4g **Sodium** 599mg **Potassium** 466mg.

JASON DONNELLY; STYLING: LAUREN MCANELLY (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
59	Blue Corn Waffles Rancheros	706	69	2	23	12	675	612	29		30	21	39			■				■
46	Slow-Cooker Overnight Barley Porridge	276	57	0	9	10	270	235									■	■	■	■
46	Slow-Cooker Overnight Brown Rice Porridge	280	56	0	8	4	265	200								■	■	■	■	■
46	Slow-Cooker Overnight Farro Porridge	240	48	0	10	5	290	95									■	■	■	■
46	Slow-Cooker Overnight Fonio Porridge	270	57	0	6	3	265	95								■	■	■	■	■
46	Slow-Cooker Overnight Quinoa Porridge	256	45	0	10	5	267	334								■	■	■	■	■
Appetizers, Snacks & Drinks																				
72	Cherry Tomato & Strawberry Bruschetta	163	21	0	5	2	318	155						23	■			■		
48	Creamy Salsa Cheddar Dip	99	3	0	3	0	267	35							■	■		■		■
48	Cucumber Dill Yogurt Dip	49	3	0	4	0	90	83							■	■		■		■
81	Edamame with Ginger Salt	93	6	0	10	4	326	410		64						■		■	■	■
69	Ginger-Thyme Sparkling Lemonade	62	17	15	0	0	2	35								■		■		■
48	Red Pepper White Bean Dip	55	8	0	3	2	103	138						21	■	■	■	■	■	■
48	Rosemary Green Pea Dip	58	8	0	3	3	120	92				23			■	■		■	■	■
83	Smoked Salmon Brown Rice Onigiri	143	24	0	5	2	371	137								■		■		
48	Spicy Avocado Onion Dip	75	4	0	1	2	113	188							■	■		■		■
77	Strawberry Gin Spritzer	161	18	14	0	1	14	83							■	■			■	■
Sides, Salads & Bread																				
69	Bulgur & Butter Bean Salad with Pomegranate Molasses Vinaigrette	196	30	2	5	5	327	439				24		34				■	■	■
58	Crab Louie Salad	325	19	3	15	7	603	953		38		158	71	33	■	■		■		
85	Feta & Zucchini Muffins	142	14	0	4	1	287	128										■		■
39	Gado Gado Platter	543	39	4	29	7	340	951		26	27	137	22	69	■	■		■		
36	Grilled Snap Peas with Chile-Miso Butter	96	7	0	3	2	312	152						47	■	■		■		■
81	Italian Deli Salad	222	20	0	10	4	571	210							■	■		■		
66	No-Knead Focaccia with Peaches & Prosciutto	163	26	1	6	2	331	67										■		
66	Shaved Radish, Celery & Cucumber Salad	87	3	0	2	1	271	143							■	■		■		■
36	Spiralized Summer Squash with Tomatoes & Mint	159	6	0	2	2	253	402						29	■	■	■	■	■	■
73	Steak & Strawberry Spinach Salad	458	24	1	27	5	604	442	22		38	155	78	93	■					
Vegetarian																				
61	Cream of Artichoke Soup	188	24	0	6	8	483	585						20		■		■		■
26	Curried Cauliflower Pitas with Cilantro-Mint Sauce	349	42	0	11	9	522	617		20				62	■		■	■		■
62	Dad's Mushroom Sandwich	623	51	13	21	7	674	536	22				29							■
40	Grilled Halloumi & Summer Vegetable Tacos	458	37	0	18	6	734	480	41			25		80	■	■		■		■
34	Pepper, Pesto & Spinach Stromboli	443	44	0	17	4	732	209				95	23	109	■					■
82	Sweet Potato, Tofu & Pea Phyllo Samosas	252	44	4	7	4	501	289				121						■		■
69	Zucchini, Spinach & Gouda Bake	210	11	0	12	1	391	140	24			31	29					■		■
Chicken & Turkey																				
41	Ginger-Basil Chicken & Broccoli Stir-Fry	300	19	6	31	4	686	676			23	52		93	■	■		■		
101	Grilled Turkey Burgers	324	30	2	27	4	599	466					57		■		■	■		
84	Spicy Chicken & Mango Collard Green Wraps	231	21	0	24	7	416	755	24	55		161		110	■	■		■		
32	Teriyaki Chicken Skewers with Blistered Shishito Peppers	303	10	2	30	1	562	431					20	85	■	■		■		
37	Tomato- & Mozzarella-Smothered Grilled Chicken	288	7	4	30	0	390	308					30		■	■		■		
Fish & Seafood																				
33	Grilled Clams with Corn & Pepper Relish	271	48	9	18	8	432	678		23		29	107	80	■	■	■	■		
28	Salmon Burgers with Quick Pickles & Red Pepper Aioli	499	23	2	34	5	588	625	29			26	250		■		■	■		
38	Seared Barramundi with Olive-Herb Sauce	304	1	0	30	0	445	24							■	■		■		
57	Smoked Ahi Tacos	423	45	10	19	5	754	431				53	42			■		■		
Beef & Pork																				
29	Grilled Pork & Vegetables with Fresh Corn Polenta	473	31	0	30	7	558	987				32	23	54	■	■		■		
30	Skillet Beef, Corn & Zucchini Tater Tot Casserole	382	22	0	23	3	550	794				24	78	24	■			■		
Desserts																				
62	Earl Grey Icebox Pie	303	36	18	5	0	112	137												■
74	Strawberries & Cream Pops	75	14	7	1	1	16	111						47		■	■	■		■
76	Strawberry Cornmeal Layer Cake	303	38	16	5	2	201	227						52						■
72	Strawberry-Rhubarb Frangipane Tart	298	32	15	5	3	160	184												■
75	Strawberry Shortcakes	354	38	8	5	3	369	157						25						■

How We Analyze Recipes
All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
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JASON DONNELLY

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"We built this whole infrastructure around food as medicine."
—DAVID MAFFEO
Senior Director of Support Services, BMC, pictured with Lindsay Allen, Farm Manager

Farming at New Heights

At Boston Medical Center, a rooftop farm contributes to better health.
By Pooja Makhijani • Photo by Adam DeTour

THE SITUATION In 2001, Boston Medical Center opened its Preventive Food Pantry: a resource primary care providers could refer patients to with a prescription detailing their nutritional needs. The goal of the program is to get nutritious food into the hands of those who may not be able to afford it and, in turn, reduce rates of diseases like diabetes and heart disease. "Most of our patients come from an underserved population," says David Maffeo, senior director of support services. "Food insecurity is a major challenge." And while the move was a huge step in the right direction for the hospital, Maffeo wondered if more could be done. In a landmark 2016 meeting, Maffeo and Bob Biggio, senior vice president of facilities and support services, asked an out-of-the-box question: What if the hospital grew its own food—*on the roof?* "A year later, we were planting our first seeds," Maffeo says.

HOW IT WORKS Sprawling across 2,658 square feet, three stories up, BMC's rooftop farm produces more than 25 varieties of crops and houses three beehives to aid in pollination. From collards and chard to radishes, carrots, tomatoes, peppers, bok choy and more, the farm supplies the hospital with 5,000 to 6,000 pounds of fresh produce during the brief Massachusetts growing season. More than half of the harvest goes to BMC's Preventive Food Pantry, which now serves more than 22,000 families annually. The rest of the produce is used in hospital meals and at the on-site teaching kitchen that offers free culinary classes for staff, patients and their families. This trio of services—the pantry, the farm and the teaching kitchen—form the hospital's "Nourishing Our Community" program.

WHY IT'S COOL Barbara Woods has received produce from BMC's pantry for over five years now, plus instruction on how to incorporate fruits and veggies into her diet. "The freshness is what I love about it," she says. "I'm much happier—and I've lost weight." Beyond all the boons to patients, the rooftop farm is a model for other hospitals that want to help alleviate patient food insecurity and encourage healthy eating. Lindsay Allen, the farm's manager, has advised many hospitals in the Greater Boston area to date, as well as facilities as far away as Europe. "That's the greatest joy for me," Maffeo says. "All the hospital farms across the country and world that are popping up."

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